GOV. GEN. PRESENTS SACRIFICE MEDALS, PG8

Remembrance Day

Metro will not publish Nov. 11. The next edition will appear Thursday.

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VANCOUVER • TUESDAY, NOVEMBER 10, 2009 metronews.ca

Celebrity pg 34

Travolta speaks about son's death

Vaccine vial posted for sale online

HEALTH A person posing as a public health nurse has tried to auction a purported vial of H1N1 vaccine on a Victoria classified website.

Sgt. Grant Hamilton, a spokesman for the Victoria Police Department, said the vaccine was posted on usedvictoria.com, an online classified website, and was removed from the site yesterday.

Dr. Perry Kendall, B.C.'s provincial health officer, called the listing "an unacceptable slur" on the nursing profession.

"Chances are that this is a scam," Kendall said. "I would caution the public from seeking out such avenues in the hopes of jumping the queue.

"No one — especially a person who has the bad taste to pose as a nurse — should be offering healthy people the option of seeking preferential treatment."

JEFF HODSON/METRO VANCOUVER

MORE H1N1 COVERAGE, PAGE 4

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

Local pg 3

Donnelly holds seat for NDP

On the web

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Dark dining **Eye of the Dragon**

KRISTEN THOMPSON/METRO VANCOUVER

Linda Weber, a member of Eye Of The Dragon — Vancouver's blind and visually impaired dragon boat team — at Science World yesterday. Weber and her team will be hosting a dark dining fundraising event at Moose Down Under on Saturday. More coverage, page 4.

New vets bring home war's reality

Young Canadians get message from strife in Afghanistan

KIMBERLY SHEARON
for Metro Vancouver

Sometimes even those who fought forget for a brief moment.

Cpl. Jason Villeneuve was at a veteran's function when the event's host asked veterans in the room to stand up. Villeneuve, who had recently returned from an eight-month assignment in Afghanistan, remained seated.

"It even took me a minute to be like, 'Oh my God, I'm a veteran,'" he said. "I don't have trouble calling myself a veteran, but I do have trouble seeing it and thinking of myself that way."

Canada's new generation of veterans is made up of men and women like Villeneuve. These individuals put their lives in peril the same way those who served during the First and Second World Wars did and yet, there is a distinct difference in how the public treats this generation.

Afghanistan is a modern, unpopular war, Villeneuve explained. It is a completely different experience from the total war of past generations.

"(Back then), it was us against them … you knew who your enemy was," he said. "Now, the people we're helping during the day are the people who are trying to kill us at night."

While Canada's involvement in Afghanistan remains a contentious issue, the conflict has helped hammer home the reality of war, the Royal Canadian Legion said.

"How many times do we need to see a casket come home draped in a Canadian flag to value the contributions being made by our soldiers?"
Linda Sawyer, Legion executive director

"It's right in front of everyone's eyes now," said Legion executive director Linda Sawyer. "How many times do we need to see a casket come home draped in a Canadian flag to value the contributions being made by our soldiers?"

Young Canadians are getting the message too, said Sharel Fraser, the Legion's community liaison director.

The Legion's Young Ambassador program promotes peer-to-peer learning about Canada's military history — from the First World War to Afghanistan.

"Learning about military history … grounds us as a nation. Our nation was built on our military. The reputation we have in the world is because of the military," she said.

In the meantime, Villeneuve said he isn't sure how the mission in Afghanistan will be remembered in future years. Whether he becomes an object of the same glorification as First and Second World War veterans, however, is of little consequence to him.

"I don't think I'm owed anything by the Canadian public," he said. "I just didn't want to be one of those people who read the news and bitched about it."

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Local

Wrangling loose bees in Vernon

Beekeepers were called to the site of an accident near Vernon yesterday to help wrangle some insects that got loose after a semi-truck carrying beehives tipped over on Highway 97. The driver of the truck was given a ticket. METRO VANCOUVER

AWARDS
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2009 Festival of Media Awards

Teen nearly got nixed due to size

VANCOUVER 2010 Games

CEREMONIES A 15-year-old Kamloops girl says her hopes of taking part in the closing ceremonies for the 2010 Olympics in Vancouver were almost dashed by her dress size.

Longtime Girl Guide Taylor Hill was chosen to be part of the ceremonies but then was told she was too big to fit into the costume and the clothes wouldn't be altered.

Taylor's mom Charissa Hill fired off any angry email to Olympic officials saying the treatment her daughter got was unacceptable.

Charissa Hill says she was told it was a misunderstanding.

Officials said they didn't mean the teen couldn't participate, just that they just didn't have a costume that would fit her, and they would have alterations people on hand for anyone who needed it.

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Officer not charged in Boyd death

Ruling says there was not enough evidence to prove excessive force

JEFF HODSON
jeff.hodson@metronews.ca

A Vancouver police officer who shot a man eight times and killed him — firing a final bullet into the man's head as he crawled on his knees — will not face criminal charges, B.C.'s criminal justice branch said yesterday.

Paul Boyd, a 39-year-old animator with bipolar disorder, was shot and killed in August 2007 on Granville Street between 15th and 16th avenues after he attacked police officers with a bike chain and padlock.

Paul Boyd

A decision, issued yesterday, more than two years after Boyd's death, concluded that there isn't enough evidence to prove excessive use of force by the officer.

Boyd, who had quit taking one of his medications four days before the Aug. 13 incident, injured two of the four officers who responded to an altercation between himself and another man at a bus stop on South Granville.

He struck one officer in the head with a bike chain and punched another repeatedly with the chain held in his fist.

Boyd was shot as he slowly walked toward another officer, ignoring commands to stop and drop to the ground.

After he was shot, Boyd got back to his feet and continued toward the officer. He was shot again and again, getting up after every shot.

He was on his hands and knees when he was shot for the final time in the head.

The shooting officer fired nine times, hitting Boyd eight times.

He believed he had only shot four or five times and thought Boyd was wearing body armour because he kept getting up.

He never saw Boyd drop the chain, which he did after being shot several times, nor hear one of the other officers tell him to stop shooting. He also thought Boyd was almost standing upright when he fired the final shot.

Donnelly holds B.C. seat for New Democrats

STIG NIELSEN
for Metro Vancouver

BYELECTION New Democrat Fin Donnelly won the federal byelection in the riding of New Westminster-Coquitlam yesterday.

Donnelly, speaking at the Fraser River Discovery Centre after defeating Conservative candidate Diana Dilworth last night, said he plans to deliver a political message about the looming Harmonized Sales Tax (HST) to the prime minister as soon as he gets to Ottawa.

"I am going to let Stephen Harper and the Conservatives know, that the people of New Westminster, Coquitlam and Port Moody, spoke loud and clear. And they are not happy about the HST," Donnelly said.

He said he plans to stay in Coquitlam.

"I don't see that I am going to be leaving Coquitlam at all, in fact it's just my role that is changing. I am very excited about representing the town of Coquitlam as a member of parliament, so I just see my role changing," he said.

STIG NIELSEN/FOR METRO VANCOUVER

Newly elected NDP MP Fin Donnelly addresses supporters at the Fraser River Discovery Centre in New Westminster last night.

Results

- 217 of 225 polls reporting:
- NDP: Fin Donnelly 11,687 (49.5)
- Tory: Diana Dilworth 8,492 (35.9)
- Liberal: Ken Beck Lee 2,438 (10.3)
- Green: Rebecca Helps 1,010 (4.3)

The byelection was one of four held across Canada yesterday.

m.metronews.ca

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News in brief

POPPIES In advance of Remembrance Day, new street signs with poppies on them have been installed surrounding Victory Square in downtown Vancouver.

ROYALTY Prince Charles and his wife, Camilla, Duchess of Cornwall, attended a blustery outdoor ceremony yesterday marking the upcoming 100th anniversary of the Canadian navy. The Prince reminisced about serving alongside Canadian sailors during the Cold War. METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Blogs Fashion columnist Kenya Hunt picks a surprise contender for shoe of the season.

Municipalities to show off region during Olympics

Nine Metro Vancouver municipalities are preparing to welcome 100 senior business executives to the 2010 Olympics in a $1.5-million effort to convince them to invest in B.C. The executives' hotels and meals will be paid for and they will also get to attend ticketed and non-ticketed Olympic events. METRO VANCOUVER

Flu vaccine will run dry this week: Officials

H1N1 Provincial health officers expect H1N1 flu shot clinics may close up later this week as the current stock of vaccine runs dry. Provincial Health Officer Dr. Perry Kendall said the clinic closures will vary from region to region, based on demand and the amount of vaccine on hand.

The focus will be on target groups like pregnant women and people with underlying health problems as well as front-line health workers.

Kendall said an additional 250,000 doses of vaccine will be available Monday and anticipates that the vaccination program will then be expanded beyond priority groups. He expects that a quarter of the province's population will be immunized by the end of next week. "We will have purchased enough vaccine to vaccinate everybody in the province. And while it would have been nice to have done more of them sooner, that just wasn't the case," he said. JEFF HODSON/ METRO VANCOUVER

Activate your senses

Visually impaired dragon boat team hosts dinner for blindfolded guests

KRISTEN THOMPSON
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A team of blind and visually impaired Vancouver dragon boaters are hosting a dinner event on Saturday night that will give new meaning to the term "blind date."

Members of Eye Of The Dragon are hosting the city's first dark dining dinner experience at the Moose Down Under restaurant on West Pender Street.

Diners at the fundraising event will be blindfolded and will spend the evening — except for bathroom breaks — without their eyesight.

Dan Hebert, the team's coach, said he tried eating with his eyes closed on Sunday night, and it was harder than he thought.

"It took me longer because I was hunting and pecking all over my plate," Hebert said. "But I did notice the texture a lot more ... Because my eyes were closed, that's where my attention went."

"I was hunting and pecking all over my plate. But I did notice the texture a lot more ... because my eyes were closed, that's where my attention went."
Eye Of The Dragon coach Dan Hebert

By not being able to see the dishes, people's other senses — including taste — will be heightened.

Some of the blind people will be offering tips on how to navigate the meal without sight, like using a clock pattern to remember where food is on the plate.

The restaurant will be partially lit so servers can see where they're going, but members of the team will be helping and sharing personal stories of cooking and eating mishaps.

"One (member) was at a picnic and he thought he was squeezing ketchup on his hot dog but it was dish detergent, and he didn't know until he bit into it," Hebert said.

Linda Weber, a visually impaired member of the team, said the experience will give people a sense of what it's like to be without a sense — something she lives with every day.

"We will have a mystery dish which we're hoping will be a little bit challenging for people to eat without seeing," she said.

Dining in the dark

- For more information visit darkdiningvancouver.com.

KRIS LONG/COMEDY CENTRAL/THE ASSOCIATED PRESS

Stephen Colbert, right, with U.S. Speedskating executive director Robert Crowley, foreground, and Olympic gold medalist Dan Jansen on the set of the Colbert Report on Nov. 2.

VANOC rebuffs jabs from Stephen Colbert

OLYMPICS VANOC is defending its policies after late-night TV comic Stephen Colbert said U.S. athletes weren't getting their share of ice time at the Richmond Oval. During the Nov. 5 episode of the Colbert Report, the satirist said the "syrup suckers" (Canadians) wouldn't let Americans practise at 2010 venues, referring to rumours that the Richmond Oval hasn't been as accessible to international athletes as it has to our own. Renee Smith-Valade, vice-president in charge of communications with VANOC, told CBC News Online that all joking aside, international athletes have received plenty of training on the ice. METRO VANCOUVER

News in brief

HIT AND RUN A 51-year-old man is in hospital after being struck and dragged under a semi-tractor Friday. Police are looking for the truck driver. METRO NEWS SERVICES

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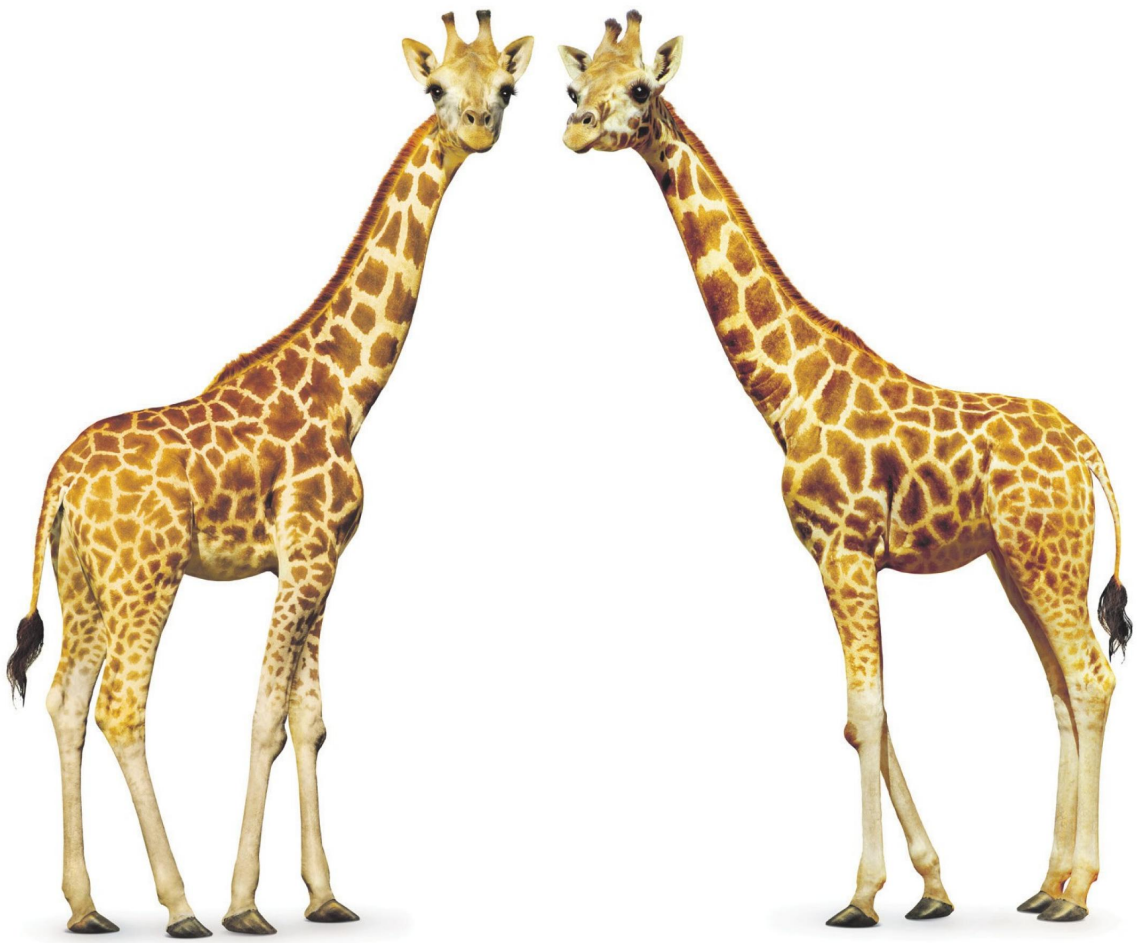

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12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

Debit scam in Lower Mainland confirmed

TD Bank confirmed a large debit card scam in the Lower Mainland yesterday. The exact number of people affected and where their cards were compromised is still unknown. A TD Bank spokesperson said any money lost will be reimbursed. **NEWS1130.COM**

Officer arrested 2nd time

Off-duty cop faces impaired driving charges

An off-duty RCMP officer was arrested for the second time for impaired driving after Vancouver police watched a man urinate in a parking lot at Spanish Banks and attempt to drive away.

Vancouver Const. Lindsey Houghton said in a release that the off-duty officer failed a roadside-screening device with a blood-alcohol level above the legal limit of 0.08.

The 55-year-old officer, who is attached to the RCMP's E-Division provincial headquarters, was previously arrested on Oct. 3 after an accident on the Ironworkers Memorial Bridge, according to CBC News Online.

He has been on medical leave since that incident and is facing charges of driving while prohibited, impaired driving and driving with a blood-alcohol above 0.08. **METRO VANCOUVER**

Court date

- The officer appears in court on Jan. 8.

MetroOnline metronews.ca

Lower Mainland contingent at Seattle funeral

Hundreds of Lower Mainland police officers, paramedics and corrections officers attended the funeral of an American police officer killed in Seattle.

Officer Tim Brenton was shot to death while on duty on Halloween night. His partner, Officer Britt Sweeney, was injured.

Three female Seattle Police Department members sang the Canadian national anthem and a rendition of Sarah McLaughlin's I Will Remember You at the ceremony on Friday.

"When a police officer is lost in the line of duty, we all feel the loss …," said RCMP Ass. Comm. Al Macintyre. **METRO VANCOUVER**

RCMP/SEATTLE POST INTELLIGENCE

Lower Mainland RCMP officers at the funeral of Officer Tim Brenton in Seattle.

Man gets 6 years for role in crash

COURT A Vancouver man was handed a six-year jail sentence yesterday and banned from driving for 15 years for his role in a car crash that killed four men on Hwy. 1 in 2006.

In sentencing 32-year-old Benjamin Brian Hughes, Justice Allan Stewart said the accused is a danger behind the wheel, given his previous driving infractions.

Hughes was driving a Cadillac alongside a BMW near Hwy. 1 and First Avenue when the BMW hit another car, crashed into a light standard and split in two. Four men in that car —Nick Jozic, 28, Tadija Jozic, 25, James Jasamanidse, 26 and Christopher Michas, 26, were killed. A fifth passenger, Philip Miller, survived.

Authorities determined Hughes was driving 140 km/h – 50 kilometres over the speed limit at the time of the accident. He did not stop at the scene.

KRISTEN THOMPSON/ METRO VANCOUVER

Transit heads respond to review

CRITICISM The heads of TransLink and B.C. Ferries offered a cursory response yesterday to a comptroller general's review of their business operations.

With regard to criticism about the amount paid to Ferries brass (CEO David Hahn's total compensation is worth more than $1 million), Chair Elizabeth Harrison said the company had invested more than $1.5 billion in its operations and has returned $490 million to British Columbians.

TransLink Chair Dale Parker said the transportation authority took significant steps toward cost containment and administrative costs.

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Quebec City mulls Olympic bid

Quebec will spend $1 million to assess whether its capital city can put together a bid for future Winter Olympic Games, according to CBC News Online. METRO NEWS SERVICES

Canada

Afghanistan wants vaccine help

Afghanistan is calling on the international community to donate H1N1 vaccine so it can to fend off the swine-flu pandemic, but it is unlikely to get any doses from Canada. Canada's ambassador to Afghanistan says because of shortages in Canada, it will probably be unable to provide any shipments of the vaccine. Bill Crosbie, left, says discussions are underway to determine what other ways Canada will be able to help Afghanistan fight the spread of the virus. THE CANADIAN PRESS

Tories pick up seats

BYELECTION The recession-ravaged Conservatives showed surprising resilience in yesterday's by-elections, reclaiming a former stronghold in Nova Scotia and overrunning a Bloc Quebecois fortress in Quebec.

The Tories, thought to be moribund in Quebec only a few months ago, showed surprising strength in Montmagny-L'Islet-Kamouraska-Riviere du Loup in the province's lower St. Lawrence region. Conservative Bernard Genereux beat the Bloc's Nancy Gagnon. Former Parti Quebecois cabinet minister Daniel Paille easily held on for the Bloc in Hochelga, a longtime fiefdom for the party.

THE CANADIAN PRESS

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Sacrifice Medal presented

New award honours Forces members slain in the line of duty

A clearly emotional Governor General Michaëlle Jean presided yesterday over the first presentations of the new Sacrifice Medal.

Of the first 46 medals, 21 are posthumous awards.

The medal is awarded to members of the Canadian Forces, or civilians working with the Forces, who are killed or wounded by hostile action or to any member of the military who dies because of a service-related accident or disease.

The Governor General told the soldiers and families assembled at Rideau Hall for the ceremony that Canadians share their pain and grief. She said she met many family members during sombre repatriation ceremonies at Canadian Forces Base Trenton, Ont., where the bodies of soldiers killed in Afghanistan return home.

"Many of you have shared your pain with me," she said.

Jean, who is titular commander-in-chief of the Forces, paid tribute to those who have fought and are fighting still in Afghanistan."

"I must bow my head before you, to pay tribute to you and to express my respect and gratitude," Jean added. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Governor General Michaëlle Jean touches Master Cpl. Jody Mitic yesterday as she presents him with the new Sacrifice Medal during a ceremony at Rideau Hall in Ottawa. Of the first 46 medals, 21 are posthumous awards.

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Buy Canada, says paper

Canada would be better off living with U.S. President Barack Obama's Buy American provisions than trying to strike a deal that gives up the autonomy provincial and municipal governments enjoy to enact their own buy-local policies, a new think-tank analysis suggests.

The briefing paper by the left-leaning Canadian Centre for Policy Alternatives — to be released today — concludes that Ottawa should focus its efforts on developing its own Buy Canada policy.

"Instead of tilting at the windmill of an unattainable exemption (from Buy American), our governments should emulate what is best in the U.S. buy-local procurement policies and employ them to benefit Canadians," the paper concludes.

"This stance would undoubtedly irk certain American interests, but they could hardly cry foul."

In an effort at reviving the flagging American economy, the U.S. federal government is pumping up to $787 billion US into the economy through infrastructure spending, but the Buy American provisions require state and municipal projects use only U.S.-made goods.

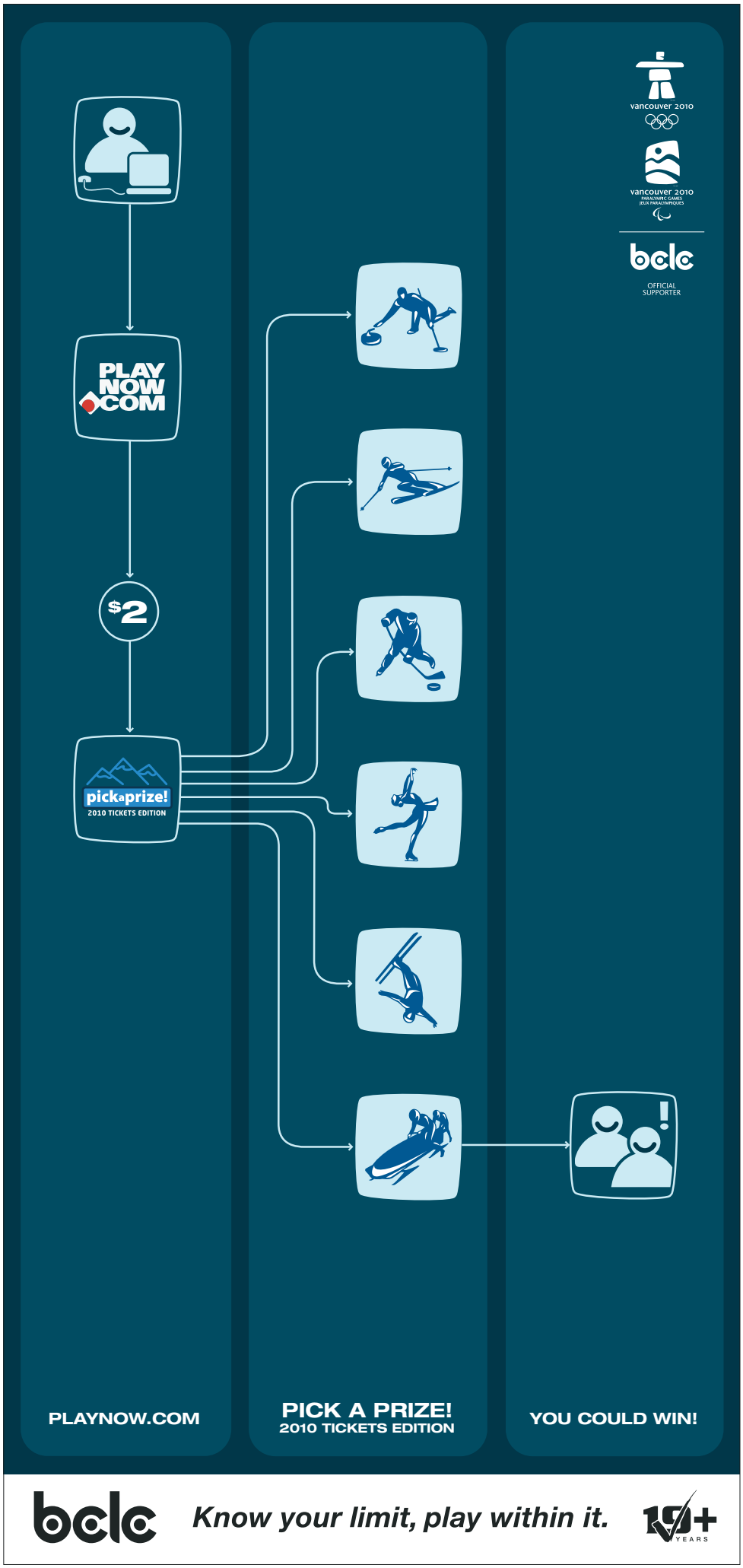
The provisions enjoy widespread support in the U.S., but have sparked angst among Canadian businesses, which have pressed Ottawa to do something. For example, the city of Sacramento, Calif., has nixed Canadian-made pipes for its public-water system in a $1.4-million blow to an Ontario manufacturer.

"I don't think it was ever realistic to expect a genuine exemption," Scott Sinclair, author of the policy centre paper, said in an interview from Georgetown Royalty, P.E.I.

"The reasons for that are mainly political — they're long-standing."

The paper points out that many Canadian municipalities and some provinces have contracting policies that favour Canadian suppliers, whether for renewable energy projects or buying local food. The paper argues that Ottawa appears willing to give up that autonomy.

THE CANADIAN PRESS



'No return' from fall of Berlin Wall: Harper

HUMAN RIGHTS A massive chunk of the Berlin Wall, which has rested in a government conference centre largely out of public view for years, will be moved to the Canadian War Museum.

Prime Minister Stephen Harper made the announcement yesterday to mark the 20th anniversary of the fall of the wall, the fabled dividing line between East and West for much of the Cold War.

"The point of no return was reached 20 years ago today, on Nov. 9, 1989," Harper said at a brief ceremony next to the piece of the wall, a slab the size of a boardroom table daubed with colourful cartoons.

"That is when, with the world watching, thousands of Germans from the east poured across a border that would soon cease to exist. They chose with their feet the principles long upheld by Canada and our allies, embracing freedom, democracy, human rights and the rule of law."

"Border guards at first uncertain in the face of so many, became unwilling, and were quickly unable, to stop them. The life had gone out of the communist system."

The piece of the wall was placed in the conference centre in 1991.

Harper says putting it in the war museum will serve as a reminder that tens of thousands of Canadians served with NATO in Germany for almost 40 years during the Cold War.

THE CANADIAN PRESS

News in brief

MEMORIAL More than 1,000 people filled a church in Brandon, Man., to say goodbye to a young woman who drowned in a North Dakota pond. Pictures of a smiling Ashley Neufeld, along with several of her softball uniforms, adorned the altar. As part of the service, her parents lit a candle next to one of her photographs. The 21-year-old died last week along with two other members from the Dickinson Statue University softball team.

ALBERTA The leader of Alberta's burgeoning Wildrose Alliance party is going after the province's powerful oilpatch for support. In a breakfast speech to about 200 of the industry's key players, Danielle Smith promised that her party would make changes to the province's royalty framework.

THE CANADIAN PRESS

Teen killed polar bear in self defence: Report

A teenage hunter trapped on an ice floe in Hudson Bay was forced to shoot a polar bear in self-defence as he waited to be rescued from the drifting sea ice. A spokesman with the Nunavut government says three bears were on the same ice pan as the 17-year-old after he became separated from his uncle. THE CANADIAN PRESS

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Run prompts climate talk

Scientists hope torch's visit to Arctic will raise awareness

VANCOUVER 2010 Games

As the Olympic torch continues its journey through Canada's north, some scientists are hoping it will shine an international light on the plight of the country's iconic mammal — the polar bear.

Environmentalists warn the symbol of the North is in grave danger because of climate change, yet neither Canadians, nor anyone from the international community, has proposed anything concrete to save them.

As the Olympic torch passes across the Arctic at the height of polar bear season, advocates are hoping people will shift their focus from the Games and think about what's under threat from global warming.

"The Vancouver Olympics have a very strong northern aspect to them," said Andrew Derocher, wildlife biologist at the University of Alberta.

JONATHAN HAYWARD/THE CANADIAN PRESS

Torchbearer Brenda Eckalook is seen carrying the Olympic flame across the frozen bay in Resolute Bay, Nunavut yesterday. The Olympic flame is now on a 106-day cross-country relay which will end in Vancouver on Feb. 12, 2010 to mark the start of the Vancouver 2010 Winter Olympic Games.

"What we really need is to focus on addressing the issues that are facing places like Churchill and the North in general. The message has to be: 'We work together in the Olympics, we really have to be looking for these global solutions.'"

The torch passed through Churchill, Man., — the polar bear capital of the world — and the northern-most inhabited settlement of Alert on Sunday. It makes its way down through Nunavut yesterday before continuing into Quebec the following day.

Scientists like Derocher took advantage of the attention in Churchill over the weekend and made a presentation about the impact climate change has on the polar bear to a group of international corporate leaders and government officials visiting there.

Global warming is thawing sea ice, slowly destroying the crucial habitat and hunting ground of the polar bear, Derocher said.

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Abandoned horses result in charges

EDMONTON A 74-year-old man has been charged after Edmonton police found several horses abandoned in a trailer on the side of the road Sunday night.

Officers received a call about an abandoned trailer and when they opened it, found seven horses standing in feces and urine.

Acting Det. Gary Benoit with the Edmonton Police Service says the horses were jittery, scared and "jumping around, kicking."

Police charged the man under the Animal Protection Act with cause or permit an animal to be in distress, which has a maximum fine of $20,000.

Investigators said the man said he is not the owner of the horses and he was hired to take the animals to Manitoba when his truck broke down.

The man said he left the trailer while he went about trying to get his vehicle fixed.

Police said Northlands Agricom has agreed to put up the horses until a proper shelter can be found.

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Comment

General's new book stirs the pot

Is it Rick Hillier's war? With things going badly in Afghanistan, a controversy has developed over who was the main architect of the Kandahar component of the mission that has cost so many Canadian lives.

In his book, A Soldier First, which is jumping off the shelves, retired Gen. Rick Hillier tries to distance himself as the prime mover. The decision had already been made to go into Kandahar, he said, when he became head of the Armed Forces five years ago.

That doesn't quite square with the picture put forward in The Unexpected War, the award-winning book by Janice Gross Stein and Eugene Lang.

Lang, who served as top adviser to former defence minister Bill Graham, said yesterday he stands by his story. "My account is accurate. My account is based on research not memory. I was at the table for many of the decisions and I subsequently interviewed many of the principals, including Hillier." He said the decision that had been made was to send only a provincial reconstruction team of a couple hundred troops to Kandahar, not the full-fledged combat force that came about under Hillier.

The question is an important one. Hillier has elevated the reputation and stature of the Canadian military and deserves a lot of credit, as Lang points out, for doing so. There is uneasiness, however, over Hillier's larger vision. He has a simplistic notion of the world as being divided into good guys and bad and saw the Canadian role as being to get out there to kill those "scumbags," as he called them. His approach marked a wholesale shift from peacekeeping and the advocacy of soft power. Hillier refers to soft power in his book as "sheer lunacy."

How the war pans out will impact heavily on his reputation and how his redefinition sits with Canadians.

If he read more history, he would know what happens or might have happened when too much power is left in the hands of generals. He could start with the Cuban missile crisis and the hot-button ravings of Gen. Curtis E. LeMay. If he had not been overruled by civilians at the Kennedy White House, Hillier wouldn't even be here. Neither would the rest of us.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Our society's descent into barbarism

Headlines featuring acts of violence are copious, and depending on the shock value, these reports often illicit a proportional reaction from the citizenry, lobby groups and even politicians.

But the recent case involving a 15-year-old California girl who was gangraped in front of as many as 20 witnesses for more than 2½ hours has slipped by as just another tragedy to add to the list. Yet I noticed that those who discussed it in private circles expressed their shock with a whisper, accompanied by a befuddled look on their faces. There is something very unique about this event. It marks a low point in our collective moral psyche that we must challenge.

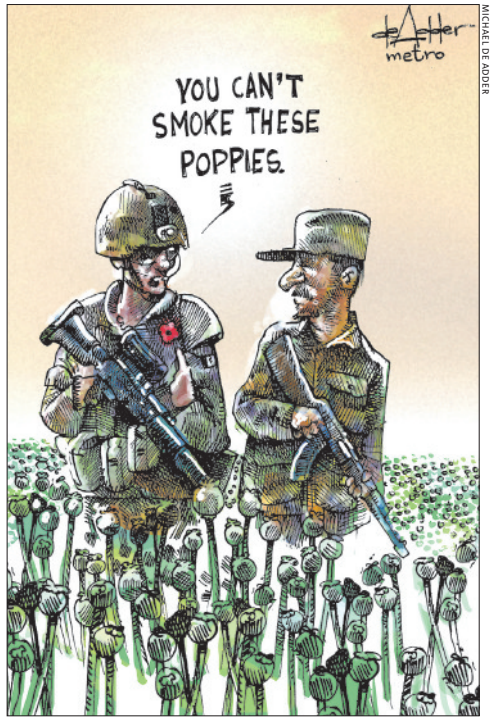
One of the methods we choose to deal with tragedies is to identify markers that would signify how it could have been prevented. There is hardly an event more troubling than a seemingly random one, where a victim is inexplicably chosen in a heinous crime. This 15-year-old girl could have been you, your daughter, sister, etc. She was attending a homecoming dance at Richmond High School in San Francisco and attacked outside on school premises. As the attacks began, more people came to watch. Some joined in, some cheered and jeered while others took cellphone videos and images.

The scene is reminiscent of the savagery of the Dark Ages, where human beings were barely recognizable from beasts. The girl was admitted in critical condition after being airlifted to hospital. Although I would like to believe this could never happen in my beloved Canada, I am not convinced. In a world of scientific breakthroughs and high-tech info technology, where is the soul of humanity headed as we increasingly deny the precious worth of other human beings?

The Parents Television Council just released its report, highlighting a concern about an increase in violence against women in prime-time network programs. This age-old, venerable warning has been repeated so often that it now seems antediluvian considering the explosion of the Internet and violent video games. Sadly enough, if depictions of violence, sex or a mix of both are on the rise in the media, it is reflective of the ravenous appetite of the consumer.

There are many voices of reason and ethics reverberating their warnings to a society descending into barbarism. We can no longer afford to be inactive bystanders. We can begin by limiting intellectual junk food and embracing the timeless virtues of intimacy with friends and loved ones. As a bonus, our kids will love us for it in the long term.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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Supreme Court refuses to block Beltway sniper's execution

The U.S. Supreme Court has refused to block tonight's scheduled execution of sniper mastermind John Allen Muhammad. Muhammad is scheduled to die by injection at a Virginia prison for the slaying of Dean Harold Meyers at a gas station during a three-week spree in October 2002 across Maryland, Va., and Washington, D.C. THE ASSOCIATED PRESS

World

Russian H-bomb developer dead at 93

Vitaly Ginzburg, a Nobel prize-winning Russian physicist and one of the fathers of the Soviet hydrogen bomb, has died in Moscow. He was 93. Ginzburg won the 2003 Nobel Prize in physics for his contribution to theories on superconductivity, the ability of some materials to conduct electricity without resistance. In the early 1950s, Ginzburg was part of the Soviet government's hydrogen bomb program.

THE ASSOCIATED PRESS

Search on for survivors

Many dig with bare hands after landslides kill 130

Tears streamed down Elsy Portillo's badly bruised face yesterday as she walked behind coffins carrying her mother and only child in this town buried by a landslide, one in a series that killed at least 130 people in El Salvador.

Portillo's body was flung repeatedly against the walls as she fought to keep her seven-year-old son from being swept away in the powerful river of mud, boulders and floodwaters overtaking their home in the predawn hours Sunday.

"My little angel was taken away," she said, sobbing, her right eye swollen shut. "My little angel was taken away."

Days of heavy rains unleashed flooding and mudslides across this mountainous Central American country Sunday.

Soldiers and townspeople continued digging through rock and debris to search for the 60 people who remained missing yesterday. Collapsed walls and downed power lines prevented heavy machinery from entering. Many used their bare hands.

RODRIGO ABD/THE ASSOCIATED PRESS

Manuel Pontano, centre, sits outside his flooded home in Verapaz, El Salvador, yesterday.

Hopes of finding survivors dimmed with each passing hour.

THE ASSOCIATED PRESS

Shooting suspect reached out to radical imam: Official

TEXAS The U.S. Army psychiatrist accused of the Fort Hood massacre reached out to communicate with a radical imam overseas who in the past came under scrutiny for possible links to terror groups, a U.S. official said yesterday.

Maj. Nidal Malik Hasan sent electronic communications to the imam, Anwar al-Awlaki, according to this official, who was not authorized to discuss the investigation and spoke on condition of anonymity. Al-Awlaki, who was released from a jail in Yemen last year, writes a blog which, among other things, denounces U.S. policies as anti-Muslim.

Hasan's messages were picked up by U.S. counterterror officials, but an inquiry into the matter was shelved because the contacts were not deemed to suggest a threat, this official said. Investigators now are trying to determine whether Hasan has any links to terror groups.

Officials involved in the investigation said Hasan would be tried in a military court.

Authorities have not said when charges would be filed. Hasan remains under guard at a military hospital but began talking to doctors there yesterday.

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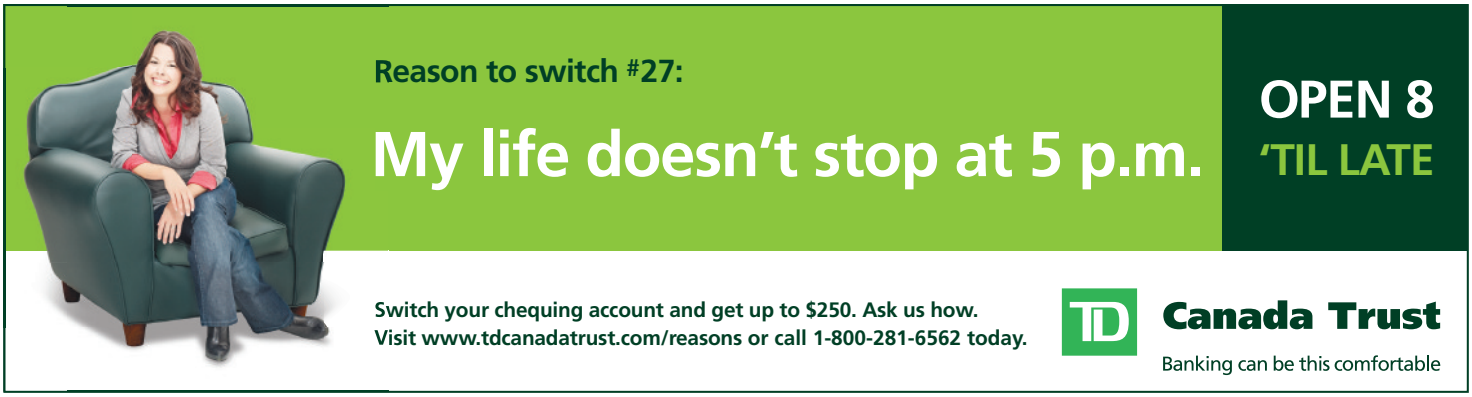

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News in brief

WASHINGTON Israeli Prime Minister Benjamin Netanyahu yesterday called for an immediate resumption of peace talks with Palestinians and pledged more steps to improve economic conditions in Palestinian areas. Netanyahu reiterated to an assembly of Jewish groups his view that peace negotiations should begin with no preconditions. He made no new proposals on constraining Jewish settlements in the West Bank. Palestinian officials insist that Israel freeze settlement activity before talks resume.

SENTENCE U.S. federal prosecutors want a prison term of at least 27 years for a former Louisiana congressman convicted of taking hundreds of thousands of dollars in bribes. The case of William Jefferson, a Democrat who represented parts of New Orleans, made headlines when authorities found $90,000 cash hidden in his freezer.

THE ASSOCIATED PRESS

Korean navies exchange fire

Navy ships of the two Koreas exchanged fire last night along their disputed western sea border, South Korean military officers said.

A South Korean warship shot at a North Korean navy ship that crossed the disputed western sea border and the North's ship shot back, said an officer at the Seoul's Joint Chiefs of Staff.

Another officer said there were no South Korean casualties, though it was unclear whether there were any on the North Korean side. He said that the North Korean ship was seriously damaged and that it turned back toward northern waters after the brief skirmish.

Both officers spoke on condition of anonymity, citing department policy.

Navies of the two Koreas fought deadly skirmishes along the western sea border in 1999 and 2002. The clash in 2002 left six South Korean soldiers dead and others wounded.

The two Koreas have yet to agree on their sea border more than 50 years after the end of their 1950-53 civil war, which ended in an armistice and not a permanent peace treaty.

Instead, they rely on a line that the then-commander of UN forces, which fought for the South, drew unilaterally at the end of the conflict.

North Korea last month accused South Korean warships of broaching its territory in waters off the west coast and warned of a clash in the zone, which is a rich crab fishing area.

The latest conflict comes amid international tensions over North Korea's nuclear weapons program and expectations that Pyongyang and the United States may soon engage in direct talks.

Meanwhile, there were no signs of tension along the heavily fortified land border separating the two Koreas. South Korea's Joint Chiefs of Staff said that were no unusual troop movements on the North Korean side of the land border.

At Panmunjom in the Demilitarized Zone separating the two Koreas, an Associated Press photographer said the situation there was normal.

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Two Canadians detained in 'huge' U.S. drug bust

MICHIGAN A U.S. border agent piloting a Black Hawk helicopter interrupted a million-dollar drug deal at a remote Michigan airport, leading to the arrest of two Canadians who remained jailed yesterday. Another smuggler escaped in a Cessna airplane.

Matthew Moody, 32, and Jesse Rusenstrom, 20, both from the Windsor, Ont., area, met the pilot on the runway of the Sandusky airport Friday night and loaded the drugs into a Toyota SUV, according to the Drug Enforcement Administration.

The small plane had landed in Michigan after crossing the U.S.-Canadian border.

Moody and Rusenstrom waived a detention hearing yesterday and agreed to remain in custody while their case moves through federal court in Detroit.

Authorities said they were captured with help from a border agent, T.J. Emerick, who spotted the suspicious aircraft while flying a Black Hawk helicopter and used a spotlight to keep track of the SUV.

The drug plane was just 150 metres above the ground at times.

"It's a huge ecstasy seizure, bigger than what we usually see," Assistant U.S. Attorney Wayne Pratt said.

There were at least 45 kilograms of marijuana and possibly 500,000 ecstasy tablets worth US$1 million to $2 million, the DEA said.

THE ASSOCIATED PRESS

Chocolatier makes edible Berlin Wall
A French chocolate-maker has celebrated the 20th anniversary of the fall of the Berlin Wall by building a 15-metre-long edible replica of the landmark. Award-winning chocolatier Patrick Roger used 900 kilograms of chocolate to build the wall over three weeks. THE ASSOCIATED PRESS

Historical figures for a historic anniversary

Gorbachev, Walesa take part in 20th anniversary celebrations of fall of the Berlin Wall

German Chancellor Angela Merkel and former Soviet leader Mikhail Gorbachev crossed a former fortified border yesterday to cheers of "Gorby! Gorby!" as a throng of grateful Germans recalled the night 20 years ago that the Berlin Wall gave way to their desire for freedom and unity.

Within hours of a confused announcement on Nov. 9, 1989, that East Germany was lifting travel restrictions, hundreds of people streamed into the enclave that was West Berlin, marking a pivotal moment in the collapse of communism in Europe.

Merkel, who grew up in East Germany and was one of thousands to cross that night, recalled that "before the joy of freedom came, many people suffered."

She lauded Gorbachev, with whom she shared an umbrella amid a crush of hundreds, eager for a glimpse of the man many still consider a hero for his role in pushing reform in the Soviet Union.

Tears sprang to the eyes of Uwe Kross, a 65-year-old retiree, who recalled seeing the start of the drama on Nov. 9, 1989, from his home, a block away from the bridge.

"That night you couldn't stop people," Kross said. "They lifted the barrier and everyone poured through."

Merkel also welcomed Poland's 1980s pro-democracy leader, Lech Walesa, to the former crossing yesterday, saying his Solidarity movement provided "incredible encouragement" to East Germans.

Memorials were also held for the 136 people killed by East German guards trying to cross the border.

THE ASSOCIATED PRESS

On the Wall
Quotes from yesterday

- "My clairvoyant skills and those of (then-chancellor Helmut) Kohl were up to nothing then. We did not think the wall would fall so fast."
  Former Soviet leader Mikhail Gorbachev

- "I don't cry easily, but there have been three moments in my life when I have followed world history on the TV and cried. When the Wall fell and was torn down, I was completely excited, emotionally stirred and simply just happy in the moment."
  German Foreign Minister Guido Westerwelle

- "Now we have to turn our attention to the challenges of the 21st century. A wall, a physical wall, may have come down but there are other walls that exist that we have to overcome and we will be working together to accomplish that."
  U.S. Secretary of State Hillary Clinton

THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

From left, former Soviet leader Mikhail Gorbachev, German Chancellor Angela Merkel and former Polish president Lech Walesa hold a picture showing cars and people at the border crossing after the fall of the Berlin Wall on Nov. 9, 1989.

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GERO BRELOER/THE ASSOCIATED PRESS

Giant dominoes placed along the former border in front of the Brandenburg Gate in Berlin fall yesterday in a symbolic act.

Domino effect a fitting tribute

Thousands of cheering Germans re-enacted the electrifying moment the Berlin Wall came crashing down — toppling 1,000 huge graffiti-adorned dominoes that tumbled past the Brandenburg Gate in the heart of the capital, celebrating 20 years of freedom from separation and fear.

Yesterday's spectacle — billed by organizers as a metaphor for the way the real Cold War icon came down and the resulting fall of communist countries in eastern Europe — was the finale after a series of memorial services, speeches and events marking the anniversary.

"Looking back, we can see many causes that led to the peaceful revolution, but it still remains a miracle," German President Horst Koehler told the leaders of all 27 European Union countries, Russian President Dmitry Medvedev and U.S. Secretary of State Hillary Rodham Clinton, who were invited to attend the ceremony, reflecting the profound change the fall of the wall had not only on Germany, but Europe and the world.

Angela Merkel — Germany's first chancellor to be raised in the former communist east — called the events of Nov. 9, 1989, an "epic" moment in history.

"For me, it was one of the happiest moments of my life," Merkel told a crowd of tens of thousands packed around the Brandenburg Gate.

In a video message screened at the main event, U.S. President Barack Obama paid tribute to the dissidents and demonstrators who ushered in the fall of the wall 20 years ago.

"Let us never forget Nov. 9, 1989, nor the sacrifices that made it possible," Obama said to applause and cheers.

Merkel also recalled the tragic side of Nov. 9 for Germans — the Nazi's Kristallnacht, or Night of Broken Glass — an anti-Semitic pogrom 71 years ago.

At least 91 German Jews were killed, hundreds of synagogues destroyed, and thousands of Jewish businesses vandalized and looted in the state-sanctioned riots that night.

"Both show that freedom is not self evident," Merkel said. "Freedom must be fought for. Freedom must be defended time and again. Freedom is the most valuable commodity in our political and social system."

THE ASSOCIATED PRESS

Swedish Lutheran church ordains first openly gay bishop

Sweden's Lutheran church said yesterday it had ordained its first openly gay bishop, just two weeks after it gave priests the right to wed same-sex couples. Eva Brunne was ordained as bishop of Stockholm's diocese in a ceremony on Sunday. THE ASSOCIATED PRESS

China executes nine over Xinjiang riots

China has executed nine men, including eight from the Muslim Uighur minority, for crimes committed during July riots that killed 200 people in far western Xinjiang region. The men are the first to be put to death for the country's worst ethnic violence in decades.

The nine had been convicted of murder and other crimes committed during the unrest, which began July 5 when Uighurs in the regional capital of Urumqi attacked Han people, who make up China's dominant ethnicity, only to face retaliatory attacks two days later.

Ethnic minority

- Many Uighurs, who are a Turkic Muslim ethnic group linguistically and culturally distinct from the Han, resent Beijing's heavy-handed rule in Xinjiang, their traditional homeland.

Four months after the riots, Xinjiang remains smothered in heavy security, with Internet access cut and most international calls blocked.

The official China News Service reported yesterday that the nine were executed after a final review of the verdicts by the Supreme People's Court, but it gave no specific date or other details.

Earlier reports had identified those condemned as eight Uighurs and one Han.

The timing of the executions was not especially fast for China, which puts more people to death than any other country, an estimated 6,000 people in 2007.

Politically sensitive cases are often decided in weeks, especially when they involve major unrest.

THE ASSOCIATED PRESS

Serbia **Thousands attend antifascism rally**

DARKO VOJINOVIC/THE ASSOCIATED PRESS

Protesters chant slogans as they attend an antifascism rally in central Belgrade, Serbia, yesterday. Several hundred people attended the protest to commemorate the International Day against Fascism and Anti-Semitism. Front banner in Serbian reads: Solidarity against Fascism.

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Murder suspect's military past probed

CLEVELAND Authorities are investigating whether a man whose home and yard harboured the remains of at least 11 people is connected to any killings in places he lived while in the military, including Japan, California and the Carolinas.

The FBI told Cleveland police that the agency will investigate any leads in the case against Anthony Sowell, 50, who served in the Marines from 1978 to 1985, said Scott Wilson, an FBI spokesman.

FBI behavioural specialists visited the property during the weekend and will try to develop a profile of the killings that could help determine whether investigations need to be opened or reopened elsewhere, Wilson said.

Sowell was stationed at various times at South Carolina, North Carolina, Okinawa, Japan and Camp Pendleton, Calif.

Charges

- Sowell has been charged in Cleveland with five counts of aggravated murder in connection with the bodies found at the home.

The city of East Cleveland is also reviewing three unsolved slayings in 1988 and 1989, after Sowell returned there from service in the Marines and before he went to prison for attempted rape, said Sgt. Ken Bolton, a detective for the police department in the Cleveland suburb.

The FBI will review its database of unsolved crimes for any possible connections to Sowell, particularly at his military service locations.

Police in California said a woman told them that she saw Sowell's mug shot on TV and was sure he had raped her in 1979.

THE ASSOCIATED PRESS

South Korea **Human rights**

CHOI WOO-JUNG/THE ASSOCIATED PRESS

Anti-North Korea activists release a balloon with leaflets denouncing North Korea human rights violation at the Imjingak Pavilion near the border village of the Panmunjom (DMZ) that separates the two Koreas since the Korean War.

16th-century Bible back in Austria

RELIGION A 16th-century Hebrew Bible looted by the Nazis six decades ago was returned to Vienna's Jewish community yesterday.

U.S. Immigration and Customs Enforcement officials turned over the two-volume Bible to two Austrian emissaries during a repatriation ceremony at the Museum of Jewish Heritage in Manhattan.

Published in Venice in 1516-17, the Bible once was part of the well-known medieval manuscripts collection of S.H. Halberstam, officials said. In 1908, it was donated to the Vienna Jewish community library.

In 1938, during the annexation of Austria, Nazi soldiers confiscated the Bible in a seizure of the Jewish community's library, and the Bible later wound up in Berlin.

It was illegally imported into the U.S. in March, and was later offered for auction by a New York auction house until its true origins were discovered.

THE ASSOCIATED PRESS

News in brief

BERMUDA A prosecutor in Bermuda has been fined $1,000 for posting Facebook messages about testimony in a murder case while the trial was in progress. The Bermudian Bar Council also issued an admonishment to Takiyah Burgess. The council found Burgess acted improperly by posting messages describing testimony given at the February murder trial as "a pack of lies." Defence lawyers complained the messages could sway jurors.

SUICIDE A New York Police Department lieutenant who committed suicide had been treated by his superiors as if he had done something wrong and was afraid he might be prosecuted for ordering officers to use a stun gun on a man who fell to his death, the lieutenant's widow said yesterday. Susan Pigott's attorney has filed notice he intends to sue the city, NYPD and department brass over the death.

THE ASSOCIATED PRESS

Ida pushes crude price higher in Asia
Oil prices climbed toward $79 US a barrel yesterday in Asia as hurricane Ida threatened oil installations in the Gulf of Mexico. Benchmark crude for December delivery was up $1.32 to $78.75 a barrel at late afternoon Singapore time in electronic trading on the New York Mercantile Exchange. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 94.57¢	US $2.0627	US $79.43	11,486.88
US 1.57¢	US 5.9¢	US 2.00¢	236.46

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM Canada invests $90M, recalls 150 laid-off workers

General Motors Canada announced yesterday it will invest $90 million in its joint-venture facility in southwestern Ontario, resulting in the recall of about 150 laid-off employees and drawing praise from union and government officials alike.

The investment will allow GM to retool one of the assembly plant's body shops in order to increase manufacturing capacity and meet strong demand for its 2010 Chevrolet Equinox and GMC Terrain.

"This investment is an excellent example of what happens when you get the product right. If the product is right, everything else follows — increased production, increased employment and strong market demand," said GM Canada president Arturo Elias.

The added capacity will result in production of an additional 40,000 vehicles annually for the Canadian and U.S. markets at the CAMI facility in Ingersoll, Ont.

The CAMI plant, which is a joint venture between GM and Japanese automaker Suzuki, has been a major beneficiary as GM ramps up production to meet demand from improved sales. In August, the company announced it would reinstate a third shift at CAMI, bringing back 300 employees to satisfy demand for the Equinox and the Terrain.

Both vehicles are crossovers, or sport utility vehicles built on car platforms.

Bob Lutz, GM's vice-chairman in charge of marketing, said in September the company was looking at assembling the Equinox at another plant, but the Canadian Auto Workers union worked to convince GM it would make more sense to increase production at CAMI. THE CANADIAN PRESS

Opel

- The chief executive of General Motors Co. met with leaders of its Opel unit yesterday to discuss the European subsidiary's automaker's future, a week after GM abruptly decided to keep it instead of selling a majority stake. Fritz Henderson wanted to get a firsthand look at the situation at Adam Opel GmbH's headquarters in Ruesselsheim, said Opel spokesman Ulrich Weber. Yesterday's talks ended without the emergence of any clear plans for the future of Opel's five plants in Germany, or those elsewhere.

Plummeting Bombardier orders lead to cuts

Bombardier Inc. employees should expect additional aircraft production cuts that may lead to more layoffs as Canada's big aircraft and rail transit equipment maker adjusts to dwindling demand, CEO Pierre Beaudoin said yesterday.

The Montreal-based manufacturer has already announced 4,400 layoffs this year because of lower demand for its business and regional jets.

The lack of orders will force the company to consider increasing that number, Beaudoin told reporters after addressing the Canadian Club of Montreal.

Details of the changes will be announced before the end of January. The company discloses its third-quarter results on Dec. 3.

"It's a tough market, the commercial aircraft market right now, so it's likely we'll have adjustments," he said.

Bombardier spokesman Marc Duchesne later said layoffs could be avoided if the production cut isn't too deep. THE CANADIAN PRESS

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Drilling drying up, says oil service company

WELLS Oilfield services firms are hunkering down for yet another gloomy winter as energy prices remain too weak to entice their customers to drill new wells.

Ensign Energy Services Inc. bluntly predicted yesterday the upcoming drilling season will at best be similar to the previous one, which was itself pretty dismal.

"The North American oilfield services industry remains challenged by too much equipment chasing too little work," the Calgary-based company stated.

Producers in Western Canada, which hire companies like Ensign to drill wells and provide other services, have been reining in their activity as lacklustre demand and overabundant supplies press down the price of natural gas.

"The North American oilfield services industry remains challenged."
Ensign Energy Services

Natural gas for December delivery was hovering below $4.60 US on the New York Mercantile Exchange yesterday.

That's a substantial rebound from the seven-year-lows below $3 US the commodity touched, but still a far cry from what would make the majority of new wells economically viable. THE CANADIAN PRESS

Takeover **Deal still bitter for Cadbury**

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

In this February 2009 file photo, a Cadbury chocolate bar is seen for sale in a shop in London. British candy maker Cadbury PLC yesterday rejected a renewed 9.8-billion pound ($16.4 billion US) hostile bid from Kraft Foods Inc. after the U.S. company refused to sweeten a previous offer.

In brief

CANWEST The Canadian Radio-television Telecommunications Commission has approved the sale of Canwest's CHEK-TV station in Victoria to a group of investors for $2. The federal regulator said yesterday the TV operations and related transmitters can be sold to a private numbered company owned by a consortium of local investors, 39 employees of the TV station and the Communications Energy and Paperworkers Union.

ECONOMY Canada's economy has shown some signs of a tepid recovery, but the Conference Board says most industries it tracks are still experiencing financial trouble. A report from the group suggests profits are expected to fall more than 20 per cent this year in most of the six industries it monitors, which include food services, retail, transportation and wholesale. THE CANADIAN PRESS

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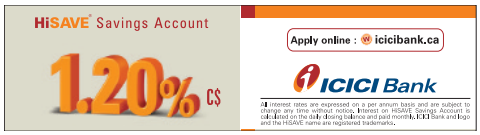
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



NEWS CANADA

Re-examine your insurance policy to find savings.

Save on home, auto insurance

There are lots of small steps Canadians can take to save money on home and auto insurance, without sacrificing comprehensive coverage.

"Something as simple as switching to a job with a shorter commute can impact your auto insurance premium," says Henry Blumenthal, chief underwriter for TD Insurance.

The information insurers look at may not be obvious, so it's worth taking a few minutes to double-check the details of your policy. For example, if you are a homeowner and you've recently quit smoking, you may be eligible for savings on your home insurance policy since it reduces the risk of fire.

NEWS CANADA

Charity without the pinch

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

My adult daughters usually can't recall what mom and dad put under the tree after a few months have passed, but they both remember in vivid detail what we did for people whose names we will never know.

Over the years we've given out Christmas boxes to low-income families, made sandwiches for the homeless and stuffed stockings for a women's shelter. Last year, we joined the Basketeers (www.basketeers.ca) and had fun filling a laundry basket full of household items to help abused women set up a new home. The best part was going to the collection centre and ogling the wonderful baskets — most far better decorated than ours! We'll do better this year.

That's the sermon, now here's the advice — if you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December. You don't have to spend lots in order to make a difference. Here are a few suggestions.

Alison's Money Rule:

- Feed your soul this holiday season by focusing your charitable efforts on a local shelter.

- Re-gift without guilt. Avoid the disaster of giving a present back to the person who gave it to you by redirecting it to a shelter. I have a lovely wrapped cosmetic bundle I'll never use and my daughter has a new kettle she got at a wedding shower. Both are going into this year's Basketeers offering.
- Use your points. Last year I cashed in Air Miles reward points to buy theatre tickets with drinks and popcorn. Everyone needs a little treat in the holiday season.
- At your office party suggest adopting a local shelter and have everyone bring something to contribute instead of a gift exchange.
- Check with the shelters to find out what they need before you donate.
- Don't forget the gift receipt. This will be appreciated if an item doesn't fit or the recipient needs an iron more than a hair dryer.

Giving to local shelters is helping someone make a fresh start, something particularly appropriate in this season of renewal.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Canadians hold back on TFSA, poll finds

An RBC Financial poll found most Canadians are aware of the Tax Free Savings Account but three-quarters have not opened one. METRO NEWS SERVICES

Prenups can form basis of money talk

Marriage contracts and prenuptial agreements can be difficult to bring up when you're planning the happy event — and certainly not everyone contemplating tying the knot needs one.

But "prenups" can be particularly handy for people embarking on a second marriage or those who stand to inherit a sizable estate. And they start the kind of serious financial dialogue every couple needs to have on an ongoing basis.

"Obviously a lot of people don't want to sign a prenup, because they don't think it's very romantic and in many cases people feel that it's awkward to bring it up," said Christine Van Cauwenberghe, a financial planning expert with Investors Group.

"Obviously a lot of people don't want to sign a prenup, because they don't think it's very romantic." Christine Van Cauwenberghe

Van Cauwenberghe points out not every couple getting married is going to need a prenup. "If, for example, you have two people who are entering marriage, where neither one owns much of anything, then it's really not that much of an issue."

In other cases, the push towards a contract comes from one of the families.

Others might want the contract because they simply don't want to give up financial independence.

People embarking on their second marriage in particular might want to think about a prenup. Van Cauwenberghe noted that you may have already acquired a significant amount of money, or you're concerned about leaving an estate for your children from the previous relationship.

"And maybe you have been widowed, maybe you've been divorced and you're also concerned about not being burned, so to speak, the second time around," she said.

Another reason for a prenup would be taking care of children from a previous marriage.

"The court is not bound by those types of rules" said TD Waterhouse vice-president Patricia Lovett-Reid. "But the court will allow you to put in rules regarding children such as religious faith teachings for example, or no physical punishment."

THE CANADIAN PRESS

Recognized

- Prenuptial agreements are recognized in all Canadian provinces so long as they are properly drafted. This includes making sure that one party provides full disclosure to the other party, that both parties received independent legal advice, or where the contract was signed under duress.

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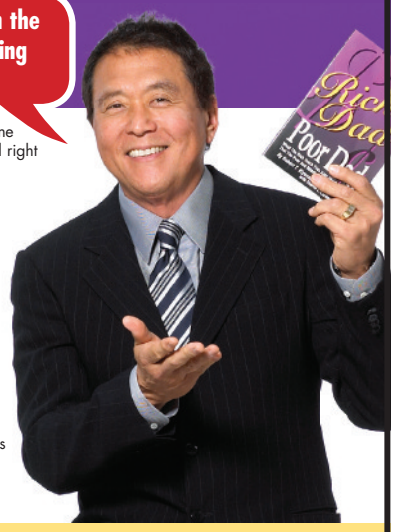

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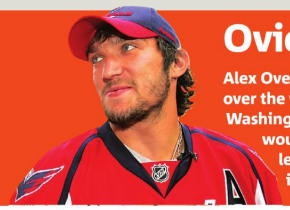
Lombardi hits Broadway

Vince, a play about the legendary Green Bay Packers coach Vince Lombardi, is planned for New York next season. The play by Eric Simonson will open during the fall of 2010. Lombardi coached the Packers from 1959-67, winning five league championships in nine years. THE ASSOCIATED PRESS

Sports



Ovie's overstated injury

Alex Ovechkin, left, says he was joking when he told a reporter over the weekend that he could be out more than a month. The Washington Capitals star practised lightly yesterday and said he would actually miss about a week. He hasn't played since leaving a Nov. 1 game against Columbus after he was hurt in a scrum. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Printers ready ... 'hopefully'

Lions quarterback hoping thumb injury will heal in time for Sunday

The B.C. Lions are hoping their fragile quarterback corps is finally on the mend heading into their biggest game of the season.

The Lions face the Tiger-Cats in Hamilton on Sunday in the CFL's East Division semifinal hampered by a roster that's been riddled with injuries.

The Lions were down to their last quarterback, fifth-stringer Zac Champion, when they lost 45-13 on Saturday to the Edmonton Eskimos.

But things looked brighter yesterday. The 8-10 Lions had backed into the playoffs as a crossover team and No. 3 seed in the East and there was hope for their quarterbacks' health.

"It'll be fine, hopefully," Casey Printers, the Lions' projected starter, said of his sprained right thumb. "The training staff is working hard together, just trying to work at it, so we'll see what happens."

Printers lasted just over five minutes against the Eskimos before he injured his thumb scrambling in the backfield.

"From every indication that we're getting, we believe he'll be able to (start)," coach Wally Buono said.

Next in his quarterback pecking order is rookie Travis Lulay, whose shoulder injury prevented him from dressing against Edmonton but expects to be testing his arm in practice.

"I'm going to be healthy this week and be ready to go," said Lulay who was injured in a 24-21 victory over Winnipeg on Oct. 18. "I wouldn't say I'm 100 per cent but it's very close."

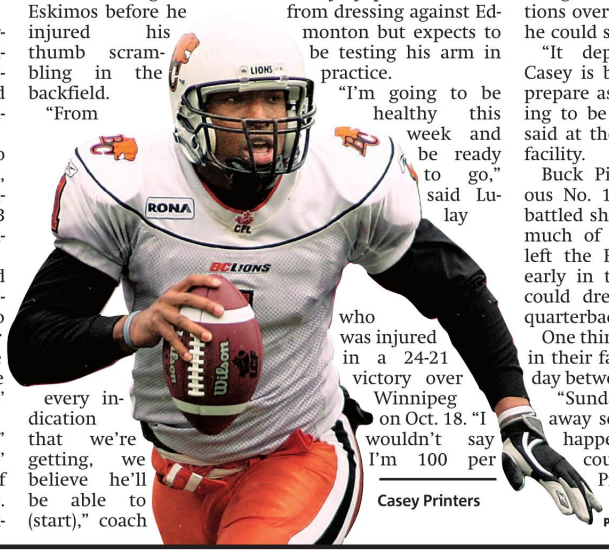
Lulay, who has completed 22 of 36 passes for 324 yards and two touchdowns along with two interceptions over five games, said he could start if necessary.

"It depends on how Casey is but I'm going to prepare as though I'm going to be the guy," Lulay said at the club's practice facility.

Buck Pierce, the previous No. 1 pivot who has battled shoulder problems much of the season and left the Edmonton game early in the second half, could dress as the third quarterback.

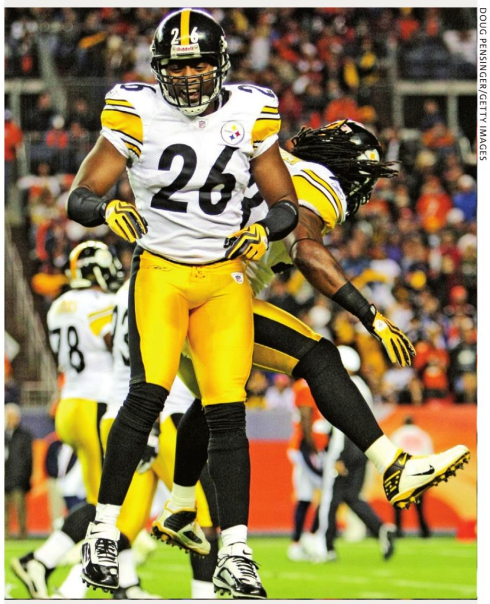
One thing the Lions have in their favour is an extra day between games.

"Sunday's a long time away so we'll see what happens in the next couple of days," Printers said. THE CANADIAN PRESS



Casey Printers

NFL Steeler steals a pass



DOUG PENSINGER/GETTY IMAGES

Pittsburgh's Tyrone Carter celebrates with teammate Deshea Townsend after returning an interception for a touchdown last night against the Denver Broncos. The Steelers triumphed 28-10 over the Broncos.

Sports in brief

CURLING KICKOFF The Olympic curling pre-trials kick off today with four men's and four women's spots at next month's Olympic trials up for grabs.

THE CANADIAN PRESS

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The Great One reappears for induction ceremony

TORONTO Wayne Gretzky decided to put his friends ahead of any lingering awkwardness with the NHL.

The Great One has been keeping a low profile since stepping down as coach of the Phoenix Coyotes, but turned up for the Hockey Hall of Fame's induction ceremony last night.

It's one of the showcase events on the league's calendar and Gretzky thought it was important to come out in support of inductees Steve Yzerman, Brett Hull, Brian Leetch, Luc Robitaille and builder Lou Lamoriello — five men he knows well.

"It's a great honour for them," Gretzky told a large scrum of reporters at the Hall. "Obviously outstanding hockey players, they're all champions, and they're all really great guys. The Hockey Hall of Fame, one of the great things about that your friends and family are there, grandparents, ex-teammates. I played with most of those guys, other than Stevie, and we played in a World Cup together.

"But I was NHL teammates with most of these guys ... it's a nice day for everyone." THE CANADIAN PRESS

Teammates

- Gretzky played with Robitaille (L.A.), Hull (St. Louis) and Leetch (N.Y. Rangers), and shared a number of Team Canada assignments with Yzerman.

Fan charged in beer shower

CFL An assault charge has been laid after police were showered with beer and one officer was allegedly struck on the head while escorting a drunken fan from a Winnipeg Blue Bombers football game.

Police say an officer was escorting an intoxicated male out of Canad Inns Stadium during Sunday's season-ending loss to the Hamilton Tiger-Cats when another fan seated next to the first man tried to stop them.

A second officer stepped in to help and as they were leaving the area, a third male allegedly struck one of the officers several times in the back of the head while beer rained down on them and several of their colleagues who had rushed to their aid.

William Cody McGimpsey, a 24-year-old Winnipeg resident, is charged with assaulting a police officer, while a 52-yer-old man was detained under the Intoxicated Persons Detention Act. THE CANADIAN PRESS

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Girls soccer fight draws investigation

League officials in Rhode Island are investigating a fight between members of two girls' high school soccer teams who threw punches, pulled hair and sparked a brawl in the bleachers. The fight captured on video by WPRI-TV broke out Sunday with about a minute left in a match. THE ASSOCIATED PRESS

Raptors **Driving the lane**

ERIC GAY/THE ASSOCIATED PRESS

Toronto's DeMar DeRozan scores over San Antonio's Antonio McDyess last night as the Raptors visited the Spurs. The Spurs went on to beat the Raptors by a final of 131-124.

Taking TV to a new level

Coverage of Olympics will be a new high-water mark for Canada

VANCOUVER 2010 **Games**

Bigger, better. Those words keep popping up every time broadcasting plans for the 2010 Vancouver Olympics are mentioned.

And while you might think this is all pre-Olympic hype and that "bigger and better" have officially been added to the Games' "higher, faster, stronger" motto, the fact is that from a Canadian perspective Vancouver will definitely be a high-water mark for television.

It certainly will be bigger. As for the better part, that remains to be seen. Last week, a convoy of up to 20 18-wheelers hit the road, loaded down with tonnes of the most sophisticated TV equipment in the world and more than a million feet of cable. The convoy contained the guts of the largest broadcasting production ever undertaken in Canada.

It will help the CTV Olympic consortium to produce an unprecedented 4,500 hours of everything that happens during this country's third Games on 10 television channels, two radio stations and two websites.

"This is five times bigger than anything else we've ever done," says Rick Chisholm, the consortium's executive vice-president of broadcast.

The destination for all this high-tech wizardry is the International Broadcast Centre in Vancouver, which will be the heart of all TV production during the Games. While the CTV group is determined to provide the most comprehensive coverage seen in this country, the broadcast centre is focused on giving broadcasters from around the world the best coverage ever.

"Our goal was to bring the best producers, directors and staff from around the world," says Nancy Lee, chief operating officer of Olympic Broadcasting Services Vancouver.

"I think we've done that, as well as enhancing coverage." TORSTAR NEWS SERVICE

Television 'firsts'

The Vancouver Olympics will produce many Games firsts

- All coverage will be in high definition, with 5.1 sound.
- Ski coverage will include "ghost images" that will allow viewers to see how each skier is faring against a computer-enhanced image of the leader.
- Super slow-motion cameras will slow down pucks and sticks almost to the point of stop action.

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Sports in brief

OLYMPICS Tokyo's governor says he wants to bid for the 2020 Summer Olympics — a month after the city lost out to Rio de Janeiro for the rights to host the 2016 Summer Games. Government officials said the governor was expressing a personal view, and that another Olympic bid would need approval from the city assembly before it could be put forward. METRO NEWS SERVICES

Carsley accuses French striker Ngog of cheating

SOCCER Steven Gerrard equalized with a disputed penalty yesterday as Liverpool drew 2-2 with Birmingham to fall 11 points behind Premier League leader Chelsea.

Liverpool trailed 2-1 in the 71st minute at Anfield when striker David Ngog went down in the area after a challenge by Lee Carsley, although the Birmingham midfielder clearly made no contact and afterward accused the French striker of cheating.

"That's just an embarrassing case of cheating."
Lee Carsley

"He went past me and I was nowhere near (him). It's a joke," Carsley said. "I didn't touch him at all. When (the ref) sees that he will be really disappointed. I know for a fact that, if I went home knowing I'd done something like (Ngog did), I'd be embarrassed.

"We're supposed to be teaching the kids and leading by example, and that's just an embarrassing case of cheating." THE ASSOCIATED PRESS

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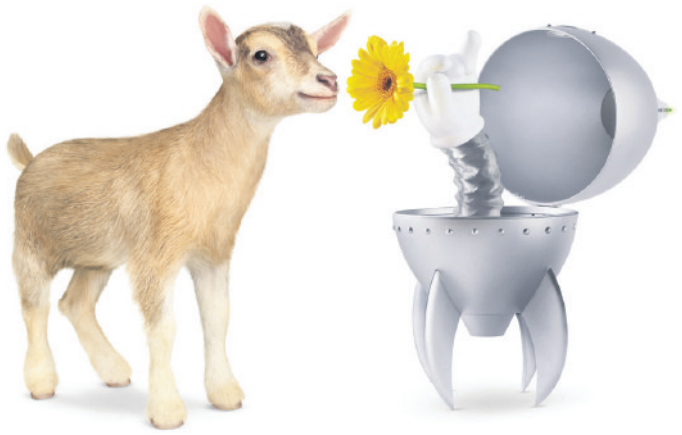

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Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Keeping fit in frightful weather

Start by assessing the decrease in your daily activity level

This winter, it's going to be a little more difficult than normal to justify a drop-off in our activity level.

Why? The Vancouver 2010 Winter Games, of course. We're going to be continually hearing about our top winter athletes, and well, if they can pursue their dreams day in and day out in the chilly mountain air, or on a rink for hours at a time, then it'll be harder to convince ourselves that flurries, early nightfall and a cold wind make it impossible for us to walk the dog.

The kind of exercise we get going about daily activities is sometimes referred to as "slice-of-life" activity, and it's usually the first thing to go when the weather gets frightful.

So instead of, say, walking to work as you would in warmer months, you'd hop on a bus; instead of taking your bike or transit to go shopping, you may be tempted to drive to the mall and fight for the parking spot nearest the entrance; and rather than run errands or stroll to the coffee shop with colleagues on your lunch break, you'll stay planted at your desk with a mug of instant soup.

All of that activity fall-off tends to happen gradually as the winter progresses, so that if your daily caloric intake stays the same, but your daily activities — however minor you think they are — diminish, the chances that your skinny jeans will still fit come February also diminish.

So before winter really sets in and you fall into a routine, take stock of your current slice-of-life activity each day, determine what you can reasonably keep up all winter (we're not advocating going for a stroll in skin-freezing temperatures) and what you think may fall by the wayside. Then, figure out how you're going to make up for any drop in activity. Here are a few places to start:

WOJCIECH GAJDA

Sure, there are folks who can keep their outdoor exercise routine going through the winter months. But most of us would do well to start to think about winter fitness by assessing the decrease in our daily routine activities during the colder months, and have a plan to counteract it.

Be creative

• Alright, so everyone knows the tried-and-true suggestion to always take the stairs at your office or apartment building instead of the elevator. It happens to be a good suggestion, of course, since stair climbing is solid exercise and plenty of us travel up and down many floors in a day to begin with.

In winter, the thing to do is try and extend the stair-climbing policy anywhere else in your day that it fits: You'll also find staircases at the doctor's office, when calling on clients and at the department store.

• If you find it's too cold to do your usual walk to work, and you're in a downtown core, see if you can be imaginative about changing your route — i.e. cut through a mall or office towers — so you can warm up intermittently.

• If you own a mat and have pals who do yoga or Pilates, arrange to get together at somebody's place a few times a week and practise.

Be consistent

• Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: Collectively, they add up. So don't even think about whether you're going to climb the stairs when you reach your apartment building after work. Once you've even begun the mental debate over doing or not doing, you're far more likely to go with not doing.

• Get colleagues in on it. Find a partner in crime, or when the usual gang is about to head out to the coffee shop, leave a minute or two early and tell them you'll meet them downstairs.

• Get a pedometer, and you'll have an easier time tracking how much you've walked in a day.

Read more on page 26 >>

Enjoy winter

IVAN BONDARENKO

If you have trouble summoning up any enthusiasm for winter, try spending some time outside with those who love it: Kids and dogs are a likely bet. Take some nieces and nephews tobogganing, or tag along to the dog park with a friend.

OK, OK. We know. For some people, "enjoy" and "winter" have never gone together and probably never will. But here's some food for thought: Winter in a downtown core or dense suburbia, complete with dark gray slush, semi-frozen puddles and salt-caked roads is nobody's idea of enjoyable winter surroundings. You need to go where the environs are more inspiring. (No, not Barbados.) If you live near a large park or ravine trails, where snow has half a chance to accumulate and trees or hills obscure your usual view of the city, you're far more likely to enjoy a winter walk there.

• Try to hang out with creatures who tend to be enthusiastic about winter — kids and dogs are a great start. Make the effort to take nieces and nephews tobogganing or skating, or tag along to the park with a dog-owning friend.

• Try to find low-cost winter sports. If you don't want to buy a new pair of skates, find a sports exchange store to get a deal on a used pair, or find a rink that rents them. You can also look for places outside the city, such as conservation areas, that will rent snowshoes and cross-country skis. METRO NEWS SERVICES

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TONY TREMBLAY

During winter, keep up daily activities such as walking the dog.

Monitoring daily activity levels

>> Continued from page 24

"Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: They add up."

Be warm

• Time was that staying warm and dry all winter was almost totally incompatible with fashion, but that excuse has long gone. We all know how much wearing a hat can stave off cold, but not as many of us really appreciate how much having warm, dry feet can take the edge off winter and make us feel like walking an extra block or two.

Luckily, in the last couple of years we've seen a blossoming in the availability of good, solid, waterproof rubber boots — something Scandinavians are way ahead of us in appreciating.

Look for a good thick sole with high-traction treads. As for warmth, you can get rubber boots with pile lining or removable fleece linings.

Add insulated sole inserts (the kind with the shiny silver on one side) and the warmest wool socks you can find and far more likely to enjoy being outside.

• Some other options for warm and dry feet include La Canadienne, lacanadienne.ca, a footwear brand that's made for our countrywomen, so lined, waterproof boots are de rigeur. Finally, venture to Mountain Equipment Co-op, mec.ca, for serious winter boots that range up to warm-enough-for-Baffin-Island models.

Be safe

• Some days, slipping on the ice really is an impediment to anything resembling a walk. An inexpensive way to reduce that potential hazard is to get a pair of STABILicers from Lee Valley, leevalley.ca, which can slip over your boots and beef up your traction.

Après-ski: Beware the hot tub

CELIA MILNE
for Metro Canada

Ah! Nothing like a warm soak in a hot tub, especially when it's cold outside. But beware: The number of serious injuries attributed to hot tubs has risen dramatically in the last few decades.

A recent study by the Center for Injury Research and Policy in the U.S. reported that hot-tub-related injuries had increased by 160 per cent since 1990. The most common injuries are related to slips and falls; also occurring are drownings and near-drownings, as well as getting caught in the suction drain. Children may be at risk when unsupervised.

"Although some steps have been taken to make hot tubs safer, increased prevention efforts are needed," said Dr. Lara McKenzie from the Ohio State University College of Medicine, who conducted the study.

The Center recommends placing slip-resistant surfacing in and around the hot tub, limiting the time spent in the hot tub to 15 minutes, limiting the temperature to 40 C, keeping the hot tub covered and locked when not in use, and complying with suction and drain cover standards. The Canadian Hospital Injury Reporting and Prevention Program reported several hot-tub body entrapments in the last two decades, most commonly a toe or a finger caught in the drain.

The number of serious injuries attributed to hot tubs has risen dramatically in recent decades.

Post-combat, soldiers learn to disarm and relax

CELIA MILNE
for Metro Canada

OCCUPATIONAL HEALTH To survive in combat, soldiers need to be armed, hyper-alert and sometimes secretive. That's part of their training.

But what happens when they return from Afghanistan? Do they get the mental health support they need to unlearn these battle skills and reintegrate into everyday life? This is a question to ponder on Remembrance Day tomorrow.

One U.S. post-combat support tool that Canadian clinics are watching closely is Battlemind. It is a program that helps soldiers reintegrate into a regular life with their family. "In battle, you learn hypervigilance. People are out to get you. Being in war mode is helpful in combat, but maladaptive when you get home," Dr. Jitender Sareen, an associate professor of psychiatry at the University of Manitoba and director of Deer Lodge operational stress injury clinic in Winnipeg.

A recent study in the U.S. tested Battlemind on 2,000 soldiers returning from Iraq. The soldiers in the study had been through at least 19 combat experiences such as being shot at, handling human remains, being ambushed, or killing.

The study found that soldiers who underwent Battlemind training had fewer sleep problems and less severe post-traumatic stress disorder (PTSD) than those who received no training upon return. Battlemind classes are now mandated in the U.S. military.

It is well known that one of the risk factors for PTSD is not having proper support upon returning from war. Other risk factors are being female, having a previous history of childhood adversity, a family history of mental illness, witnessing a higher number of traumatic events, experiencing more intense trauma and possibly having a genetic predisposition, says Sareen.

"In battle, you learn hypervigilance. People are out to get you. Being in war mode is helpful in combat, but maladaptive when you get home."
Dr. Jitender Sareen, associate professor of psychiatry, University of Manitoba

In 2002, a study was done that found about 30 per cent of Canadian veterans developed either depression, PTSD or another mental health illness upon returning home.

That was before Canada went to war. "But because of the Afghanistan deployment, the rate of mental health problems would be higher at this time," says Sareen.

Back in 2002, he notes, there was a big gap between the number of people who needed care and the number who received it. "Veterans Affairs has taken a lot of steps to increase mental health services."

Canadian physicians are using cognitive behavioural therapy, medication, and education to treat PTSD in returning soldiers.

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The price of heroism

9/11 volunteers more likely to have asthma: Researchers

CELIA MILNE
for Metro Canada

Helping out at Ground Zero has made many people sick. Members of rescue and recovery teams who worked amidst toxic dust during the 911 World Trade Center disaster are twice as likely as the general population to suffer from asthma now.

The findings were released by researchers at the Mount Sinai School of Medicine in New York. Eight years after the terrorist attacks of 2001, these intrepid first responders suffer from asthma at a rate of about eight per cent, whereas the incidence in the general public is a little less than four per cent.

"Although previous WTC studies have shown significant respiratory problems, this is the first study to directly quantify the magnitude of asthma among WTC responders," said Hyun Kim, an instructor in preventative medicine at Mount Sinai and lead author of the analysis.

"Eight years after 9/11 the WTC Program is still observing responders affected by asthma episodes and attacks at rates more than twice that of people not exposed to WTC dust."

Researchers examined the medical records of 20,843 WTC responders who received medical screenings from July 2002 to December 2007 as part of the Mount Sinai School of Medicine-coordinated WTC Program.

Results were compared with the U.S. National Health Survey Interviews adult sample data for the years 2000 and 2002 to 2007.

Of the study's rescue and recovery workers, 86 percent were men and the average duration of work at WTC sites was 80 days.

The study followed uniformed and other law enforcement and protective service workers (42 per cent of subjects), as well as construction workers and other responders who had engaged in paid and volunteer WTC-related rescue and recovery, essential service restoration and/or debris removal and clean-up efforts.

"It is important to note that this report focused on findings from baseline or initial visit examinations," said Dr. Philip J. Landrigan, chair of Mount Sinai's preventative medicine department and and principal investigator of the WTC Program Data and Coordination Center.

"The data show an increasing percentage of responders reporting asthmatic episodes, rising to double that seen in the general population. It is clearly vital that we continue to track responders' health and look further into the medical outcomes of this population."

"Asthma and other chronic lung conditions remain a significant burden for rescue and recovery workers responding to the attacks on the World Trade Center," said Dr. Kalpalatha Guntupalli, president of the American College of Chest Physicians.

"The significant chronic health problems associated with the WTC attacks only reinforces the need for stronger disaster preparedness plans as well as long-term medical follow-up for 9/11 responders and individuals who respond to disaster-related events."

The WTC Program currently offers WTC responders free medical surveillance examinations and targeted treatment for health conditions related to WTC work exposures. The Program is supported through funds administered by the National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention.

Over 27,000 responders have been medically screened under the program.

"This is the first study to directly quantify the magnitude of asthma among WTC responders." Hyun Kum

Beauty picks: Joe Fresh Bath

The newest addition to the Joe Fresh Style family is Joe Fresh Bath, a range of bath and products that cost from $2 to $6. The line includes, clockwise from top left, Body Mist, $4 each; Body Wash, $4; and Liquid Hand Soap, $4 each. For store locations, visit joe.ca/beauty.

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Researchers grow replacement penile erectile tissue for rabbits

RESEARCH Not that rabbits are known for this problem but researchers conducting animal studies in the United States have successfully grown replacement penile erectile tissue for bunnies in the lab. After implanting the replacement tissue, rabbits were able to have normal sexual function, and some even produced healthy offspring. More studies are needed to ensure the technology is safe and effective for human use but Atala says it could some day help human patients with congenital defects, penile cancer or diseased penile erectile tissue.

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After an abusive relationship, it's smart to take things slowly

The J Spot
Josey Vogels
metronews.ca/thejspot

IDA MAE ASTUTE/ABC
Diane Sawyer, left, interviews singer Rihanna about her relationship with ex-boyfriend Chris Brown in New York.

Rihanna, the 21-year-old singer who opened up in televised interviews last week, says she has no interest in dating following her split from Chris Brown.

Rihanna and Brown had a highly publicized altercation in February, during which Brown choked and bit Rihanna and tried to push her from a car. Brown was sentenced to probation, community labour and domestic violence counselling after pleading guilty to felony assault.

I'm not sure how recent reports that Rihanna is dating R&B singer Travis London fit with her professed lack of interest in dating but, in principal, Rihanna's smart to take things slowly after what she went through with Brown.

Emotional and physical abuse in a relationship can do a major number on your self-confidence and make it really tough to trust anyone again when it comes to dating.

It's hard not to think, in the back of your mind, that every guy has the same potential to be abusive.

In these circumstances, being extra cautious is healthy and normal. It's important to take time to heal emotionally and also examine yourself and your relationship patterns and how you found yourself with someone who treats you so badly.

And before getting seriously involved with someone new, there are things one can do to avoid the same kind of relationship.

Observe friends' relationships you think are healthy. Talk to them about why it works. Compare notes with your last relationship.

Think about why you put up with abusive behaviour. Abuse can often become a pattern with women who don't believe they deserve better for whatever reason — perhaps they were abused or simply didn't get the attention they needed as kids.

If you're taught that love comes from people who hit you or make you feel bad about yourself, you'll probably look for love from those kinds of people.

Spend some time looking at the type of guy you want to get involved with. Look for qualities in your dates that will achieve the kind of healthy relationship you deserve — kindness, graciousness, and a genuine interest in you and your life.

If you decide to start dating again, make sure it's for the right reasons, not just because you think you should but because you honestly feel ready.

But you also have to be careful not to stay out of the game too long. I know someone who was in an abusive relationship and refuses to get involved with anyone because she says she's not ready.

It's now been more than 10 years. There's waiting and there is avoiding — be honest with yourself about which category you fall into.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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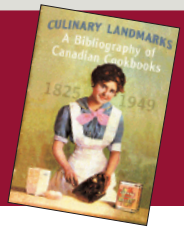
Beauty picks: Cold-weather solutions

La Roche-Posay Thermal Spring Water, $14 at Shoppers Drug Mart, can be applied morning and night as the last step of your hygiene routine. It makes skin more resistant to external stresses such as cold, wind and indoor heating

Journalist wins culinary award
Judy Creighton, a longtime journalist with The Canadian Press, has received a prestigious award for her lifetime of service to Canada's culinary community. Creighton, 71, was given Cuisine Canada's Founder's Award on Friday. THE CANADIAN PRESS

Food

Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949 by historian Elizabeth Driver of Toronto won the first Canadian Culinary Hall of Fame award THE CANADIAN PRESS



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LiquidAssets

Peter Rockwell
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Lager options

Norm! Does anyone not know who I'm talking about? Even if you're not a barfly, Norm Peterson from Cheers is an '80s icon whose name still gets a shout out at watering holes the world over. Taking advantage of his character's longevity, actor George Wendt has finally put his extensive beer knowledge into words in the just released Drinking with George: A Barstool Professional's Guide to Beer (Simon Spotlight, $32.99).

A blend of suds soaked memoir and actual fun facts about the history of beer, it's a relaxing read with oodles of stocking stuffer potential.

While I doubt Norm would approve of the just released **Molson Canadian 67 (12 x 341 ml, $19.95 - $20.99);** this weight-watching lager serves up only 67 calories per bottle (about half of what's in a cocktail or glass of wine) without losing too much of what make beer taste like beer.

Italy's **Peroni Nastro Azzurro Lager (6 x 330ml, $13.44 - $13.90)** would be more Norm's style. Its classic European design is sure to impress Stella Artois and Heineken drinkers.

Pork chops paired with plums

With cold weather outside, now is the best time to stay inside and try new dinner recipes. Check out our 20 Minutes Supper Club Healthy Guide for unique recipes that don't trade calories for taste. Our guide also offers vegetarian-friendly meal options.

This week's menu features a traditional pork chop with non-traditional sides. Applesauce is replaced with balsamic plums and Swiss chard. You'll delight your dinner guests with a new blend of flavours.

The balsamic plums are so sweet and delicious they could double-up as a dessert recipe. Apples or pears can also be a substitute for plums, they just need to be cooked in the balsamic a little longer.

Swiss chard compliments the sweetness of the plums and adds vitamin-enriched greens to the dinner.

We recommend frenched or futterfly pork loin chops for this recipe. "Frenched" refers to a chop that has been hand-trimmed to remove any excess meat or fat at the tip of the bone and can be found at butcher's counters in large supermarkets.

To complete the meal, go with a delectable sweet like chocolate dipped cookie dough truffles. These decadent truffles are also easy to freeze for late midnight snacks. With recipes like this friends will be willing to leave the comfort of their homes for a dinner party on a cold night.

-CHRISTY PENGILLY

Pork Chops with Balsamic Plums and Swiss Chard

Recipe developed by Paula Bowman

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:
- 1/4 cup balsamic vinegar
- 2 Tbsp unsalted butter
- 2 Tbsp water
- 1 Tbsp honey
- 2 sprigs thyme
- 2 plums, pitted and cut into eighths
- 4 (8oz) pork chops, (about 1-inch thick)
- 2 Tbsp olive oil
- 1 bunch Swiss chard (1lb), thick stems discarded, leaves washed and roughly chopped

METHOD:

1. In a small nonstick saucepan or skillet combine vinegar, butter, water, honey and thyme over medium heat. Bring to a boil and simmer until glossy and reduced by half, about 3-4 minutes. Add plums, stir to coat, and continue to cook until liquid is syrupy and coats plums, about 3 minutes. Remove from heat, discard thyme sprigs and set plum mixture aside.
2. Meanwhile, season chops generously with salt and pepper. Set a large heavy-bottomed skillet over medium-high heat and heat one tablespoon olive oil. Add chops and cook, flipping once, until cooked through, about 5 minutes per side. Transfer chops to a cutting board and tent with foil to keep warm.
3. Wipe skillet clean, return to heat and add remaining one tablespoon olive oil. Add chard to skillet in batches, allowing for it to wilt slightly before adding more. Cook until wilted and tender, about 5 minutes. Season to taste with salt and pepper. To serve, divide chard and chops among plates and garnish with plums and balsamic glaze.

CARLO MENDOZA

Above: Pork chops with balsamic plums and swiss chard.
Right: Cookie dough truffles.

CARLO MENDOZA

Cookie Dough Truffles

Recipe developed by Stefany Squires

MAKES 20-24 TRUFFLES
PREP TIME: 20 MINUTES
COOKING TIME: 0 MINUTES

INGREDIENTS:
- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 2 cup all-purpose flour
- 1 can (14 oz) sweetened condensed milk
- 1 tsp vanilla extract
- 1/2 cup miniature semi-sweet chocolate chips
- 1/2 cup chopped nuts (stefany recommends almonds)
- 1-1/2 pound semi-sweet chocolate

METHOD:

1. In a mixing bowl, cream softened butter with brown sugar until light and fluffy.
2. Add all-purpose flour, sweetened condensed milk and vanilla extract. Mix well.
3. Stir in miniature semi-sweet chocolate chips and chopped nuts.
4. Shape dough into 1-inch balls and place them on parchment paper. Cover and refrigerate for approximately one hour.
5. Melt semi-sweet chocolate in the microwave for coating truffles. Dip balls in chocolate and place on parchment paper. Refrigerate until firm, about 10-15 minutes.

20 minute SUPPER CLUB

Moore beauty products

Demi Moore is launching her own beauty range. The 46-year-old actress is currently in negotiations to work with Helena Rubenstein on her own line of products, but refused to give any details on the venture. FEMALEFIRST.CO.UK

Entertainment

Wife swap

Gwyneth Paltrow is to play Nicole Kidman's wife. The actress is replacing Charlize Theron in The Danish Girl, an adaptation of a novel about the first post-operative transsexual starring Kidman. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Taylor-made year

Can teen beat veterans for country music's top award?

Kenny Chesney has made the very hard work of dominating country music look easy.

And Taylor Swift is paying close attention.

The 19-year-old sensation has the record sales. She beat out every living artist — no matter the genre — this year with more than 3 million copies of her Fearless CD sold and counting (only Michael Jackson has sold more). The album remains No. 3 after 51 weeks on the charts.

And she's moving concert tickets as fast as they can print them.

That might be enough to sway the more than 5,000 members of the Country Music Association, who decide who gets the trophy for entertainer of the year, the CMA's highest honour, at the CMA Awards tomorrow night (the broadcast will air live on ABC).

She's the youngest ever nominated for the award and the first solo female act since Faith Hill in 2000, and she's faced a lot of questions about whether either is a limiting factor.

"I think you have to do the work and put in the effort and do the touring that it takes to win entertainer of the year," she said in an interview with The Associated Press. "And I don't really think it has anything to do with gender. I think if you want to compete with the boys, play on a level that they're playing at."

Nineteen-year-old Taylor Swift, whose album Fearless is till No. 3 on charts after 51 weeks, is the youngest ever artist to be nominated for Country Music Awards' Entertainer of the Year honour.

"It's so wonderful when people come up to me and say that I have a shot at winning."
Taylor Swift

And the guys in this category are playing at the highest.

Using a combination of unparalleled album and ticket sales, Chesney has dominated the CMA Awards' most prestigious category with three straight wins and four of the last five.

Brad Paisley leads all nominees with seven and is entering his second year as co-host with Carrie Underwood. Keith Urban's supercharged live show has made him one of country's most bankable stars and his album Defying Gravity hit No. 1 on the Billboard 200. And then there's George Strait, a two-time winner in the category and CMA's career leader in nominations (79, with Alan Jackson) and wins (22).

But 2009 might be Swift's year. "It's so wonderful when people come up to me and say that I have a shot at winning, " she said. "But my parents raised me to have the mindset that the world doesn't owe me anything. THE ASSOCIATED PRESS

DVD picks

Up

Director: Pete Docter

ONE OF THE MOST EMOTIONAL movies yet from Disney/Pixar upholds the studio's sterling reputation with a romantic and quixotic adventure about a grumpy septuagenarian determined to fulfill a promise made to his late wife.

Directed by Monsters, Inc. helmer Pete Docter (with co-direction and co-writing by Bob Peterson), Up follows the quest of Carl Fredericksen (Ed Asner), a 78-year-old balloon salesman with a head like a lantern but an attitude like a spent match.

Carl recently lost his wife Ellie, the love of his life, whom he had promised to one day take on safari mysterious Paradise Falls in the jungles of South America.

Life interfered, but fate, ingenuity and a nod to The Wizard of Oz get the dream aloft once more, sending Carl and eight-year-old stowaway Russell (Jordan Nagai) on a wild ride.

Up is a story of human bonds remembered and new ones forged, and never for one moment does it seems insincere or contrived.

Extras abound, including a commentary by Docter and Peterson, making-of featurettes and the short films Dug's Special Mission and Partly Cloudy.

In The Loop

Director: Armando Iannucci

"WE, THE PEOPLE," becomes "We, the political weasels" in the backrooms of power in Washington and London, in this relentlessly savage but often very funny political satire by Armando Iannucci, a Scotsman with an Italian name who is known as a comedian and broadcaster over in Blighty.

Based in large part on Iannucci's BBC series The Thick of It, it proceeds from the popular notion, born of bitter experience, that any politician or civil servant will always choose to do the sneaky thing rather than the right thing.

Despite the efforts of PR manager Judy (Gina McKee) and greenhorn political adviser Toby (Chris Addison), bumbling Brit cabinet minister Simon Foster (Tom Hollander) continues to put his foot in his mouth over an impending Middle East war led by Britain and the U.S.

Peter Howell/for Metro Canada

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Simpson's got Hart

Ashlee Simpson isn't taking her dismissal from Melrose Place lying down. According to reports taking on the role of Roxy Hart in the Broadway production of Chicago, according to Gossip Cop. METRO WORLD NEWS

Dolly Parton hard as nails

Country singer brings live concert experience to DVD

GRAHAM ROCKINGHAM
for Metro Canada

"I don't have to (use a guitar pick) with these nails. They're hard as nails, so actually it works out pretty good." Dolly Parton

The first things you notice about Dolly Parton — besides her more obvious attributes — are the length of her scarlett finger nails. They're scary, almost Wolverine-like weapons.

They're so long, as a matter of fact, that she can strum them together and use them as percussion instruments.

On her new DVD/CD, Live From London, Parton says she did exactly that to make the typewriter sounds on her hit song 9 to 5.

Parton even offers a demonstration. Ratatatat, ratatatata.

The DVD, released today in Canada on the Sonic Unyon Records label, is mostly concert footage culled from two sold-out nights at London's 02 arena during her European tour last year.

But it also offers some revealing behind the scenes interviews with Parton, including the time where she shows off her tap-dancing finger nails.

"You have to have acrylic nails, falsies I say," Parton laughs in a phone interview from her Nashville office. "And I'm really the queen of falsies ... when I was little I was always doing it, playing my nails like that, making that sound.

But it's the acrylic coated nails that gives it that sound. It makes a real good rhythmic sound, don't it?"

Yet you've got to wonder how she can possibly play guitar with those claws?

"I don't have to (use a guitar pick) with these nails," she says. "They're hard as nails, so actually it works out pretty good."

A set of nails usually lasts her through an entire tour. Sometimes accidents do happen, however, so Parton comes prepared.

"I keep crazy glue on the set. You know, the superglue? I always keep it with my water and my kleenex. I always keep kleenex, a bottle of water and a tube of crazy glue, because I may have to glue back on a nail."

Parton is 63, but the DVD shows her still in prime shape. She hasn't lost any of the energy that has made her one of country music's biggest stars.

"I have to watch my weight because I'm so little and I have such a big appetite," Parton admits.

"I have been much heavier in my life. But when we were on that tour we had the greatest chef that travelled around with us to all the places that we went. Man, it was really hard. So I had to stay on a low carb diet so I could eat more, lots of chicken, meat, fish, cheeses, eggs and stuff. That way I try to maintain it. "So when I go out of bounds and eat like everyone else for two or three days, especially on good desserts, then I have to spend five or six days on my low-carb to keep it down where I can stay in my show clothes. You can't very well let those beaded clothes out on the set. When you're that far away from home, you're not going to find a good seamstress who can work on it."

And does Parton work out in a gym?

"No, I'm not one of those people," she says. "I'm particular about who I sweat with."

The Book Lady

- Book Lady, a half-hour documentary about country music legend and pop-culture icon Dolly Parton's campaign for children's literacy, will have its first Canadian broadcast on Sunday, Nov. 22, on the CBC program Canadian Reflections.
- Dolly Parton, Miley Cyrus, and Keith Urban are featured in the documentary, which chronicles Parton's Imagination Library. The program mails free, age-appropriate books each month to preschool children in communities in the U.S., Canada and the U.K.

Dolly Parton's new DVD/CD, Live From London, is out today.

On the web

- Visit metronews.ca/entertainment for a trailer of the documentary Book Lady.

METRO NEWS SERVICES

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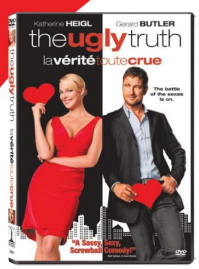

the ugly truth
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No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes November 30, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca © 2009 Columbia Pictures Industries, Inc. and Beverly Blvd LLC. All Rights Reserved. © 2009 Layout and Design Sony Pictures Home Entertainment Inc. All Rights Reserved.

Nick is sick

The Jonas Brothers were forced to cancel a concert in Switzerland on the weekend. A statement released on Twitter said youngest brother Nick, left, is ill with an upper respiratory infection and was advised not to sing. POPEATER.COM

Comedian-rapper Williams in jail on burglary charges

BEHIND BARS Comedian and rapper Katt Williams remained jailed in suburban Atlanta yesterday after police said they arrested the entertainer for breaking into a home and stealing jewellery and coins.

Williams, 38, is charged with burglary and criminal trespassing, according to Maj. James Yarbrough of the Coweta County Sheriff's Office. A Coweta County magistrate set bond at more than $43,000 yesterday

Williams

Yarbrough said the incident happened Sunday night at a home in Newnan, Ga., about 61 kilometres southwest of Atlanta, when a homeowner called police to report the break-in.

The intruder allegedly had a crowbar and stole $3,755 in jewellery and collectible coins.

Williams, whose full name is Micah S. Katt Williams, is known for his roles in the movies Friday After Next and Norbit. His DVD, Katt Williams: Pimpadelic, was No. 8 on sales charts last month, according to Nielsen/VideoScan.

Williams was sentenced to three years' probation in 2006 for carrying a concealed firearm. He was briefly jailed on weapons charges last November; they were later dropped.

The actor was reportedly in Georgia working on a film. THE ASSOCIATED PRESS

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The high notes, and the low

Canadian bandleader charts his career in a new book

In both music and comedy, timing is everything.

Few know that as well as late-night bandleader Paul Shaffer, whose charmed career took him from childhood synagogue performances in northern Ontario to TV gigs backing Bob Dylan, Gilda Radner, John Belushi, Ray Charles and David Letterman.

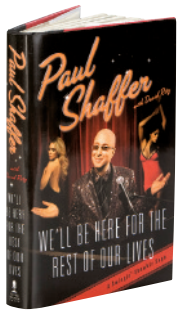
But it was a lack of good timing that torpedoed two of Shaffer's biggest opportunities, as the Canadian keyboardist reveals in his recent memoir, We'll Be Here for the Rest of Our Lives.

One involved a missed phone call in which Jerry Seinfeld offered him the role of George Costanza in a new sitcom he was pitching, called Seinfeld.

"Jerry's great, but what kind of show could he possibly have?" Shaffer writes in his sprawling, lighthearted collection of anecdotes. "So I never returned the call. Schmuck."

The other missed opportunity was due to a botched schedule that forced Shaffer to drop out of the Blues Brothers movie, which was packed with soul legends and personal heroes, including James Brown, Ray Charles and Aretha Franklin.

DIANE BONDAREFF/THE ASSOCIATED PRESS



In his new memoir, musician Paul Shaffer, left, reveals he passed up the chance to play George Costanza in Seinfeld.

Shaffer says he was in the middle of helping comedian Radner record an album, when a conflict spawned "a major feud" with Blues Brother star Belushi.

"(Belushi) released a statement to our group on Saturday Night Live (saying) 'Paul Shaffer's out, he's not a Blues Brother, he will never be a Blues Brother,' " Shaffer recalled recently, promoting his book in Toronto.

"And I just felt horrible about … missing the movie of a band that I had so lovingly helped put together. But I did the only thing I could do. Gilda had been such a wonderful friend to me and I just couldn't leave her in the lurch."

In true Canadian fashion, Shaffer's only significant revelations are self-deprecating. The amiable piano man eschews celebrity dirt while name-dropping such scandal-plagued stars as Belushi, Andy Kaufman, John and Mackenzie Phillips, Phil Spector, and Shaffer's boss, Letterman.

"How could I write a tell-all? I mean, there's nothing much to tell, really," says the 59-year-old Shaffer. "People have picked over that history so much — I'm here to just pick up the pieces and tell you how much fun we had …"

He says, like most people, he was stunned by revelations of incest in Mackenzie Phillips' biography, High on Arrival. Shaffer writes of an evening he spent with the teenaged Phillips in 1977, when she complained of listening to people tell horrible stories about her father.

Shaffer acknowledges that "stuff got left out (of the book)." But, he adds, "I'm ready to go with Volume 2. I've got enough stories left over."

THE CANADIAN PRESS

Vancouver artist honoured
Vancouver-based artist Rebecca Belmore, whose works highlight the disenfranchised and marginalized in society, has won this year's $25,000 Hnatyshyn Foundation Visual Arts Award. The honour recognizes outstanding achievement by a mid-career Canadian artist. THE CANADIAN PRESS

Annaebel Lyon a Giller favourite: Bookstores

If you put any stock in what bookstores are saying, Vancouver writer Annabel Lyon appears to be the favourite to win the Scotiabank Giller Prize today.

Nicholas Hoare, who has namesake stores in Montreal, Ottawa and Toronto, says shoppers have overwhelmingly favoured Lyon's novel, The Golden Mean, since the Giller short list of five titles was announced on Oct. 6.

Nominated alongside Lyonon are Montreal's Colin McAdam and Toronto writers Kim Echlin, Linden MacIntyre and Anne Michaels.

Hoare has stocked up on Lyon's book at his stores, while his inventory levels are much lower for the other novels.

"(My stores) will not sell out of the Giller winner if my horse is the right one to run, but on the other hand, they will be out of it in a hell of a hurry if (one of) the other ones (win)," Hoare said.

"There has not been particularly great excitement on the part of the other four — although they're obviously very healthy little fellows — but her book is moving way out."

Annabel Lyon

According to Giller organizers, all of this year's finalists have already benefited from the so-called Giller Effect, a spike in book sales after being added to the short list.

The finalists had a 941 per cent average increase in sales in the first week after the short list was announced, Giller organizers say, and there's undoubtedly another sales bonanza in store for the winner.

Last year's Giller champ, Through Black Spruce by Joseph Boyden, saw its sales increase another 560 per cent in the week following the award ceremony.

There usually isn't one shortlisted novel that has runaway success this early in the game, Hoare said, making Lyon's sales dominance unusual, especially since the novel's subject matter — the relationship between Aristotle and the teenaged Alexander, before he was Great — may sound a bit academic to some.

Online retailer abebooks.com hasn't seen a serious jump in sales for any of the short-listers but Lyon is ahead of the competition when it comes to sales of signed copies and first editions.

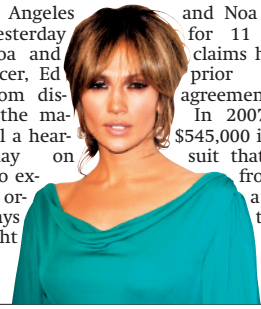
The Giller award gala will be broadcast today on Bravo and BookTelevision.

THE CANADIAN PRESS

Lopez suing ex over alleged sex tape

HONEYMOON Singer Jennifer Lopez has won a court order barring her first husband from making their sex life public — at least for a day.

Lopez sued Ojani Noa for $10 million US, claiming he intends to make and sell a movie containing home video of the actress in sexual situations, including during their 1997 honeymoon.

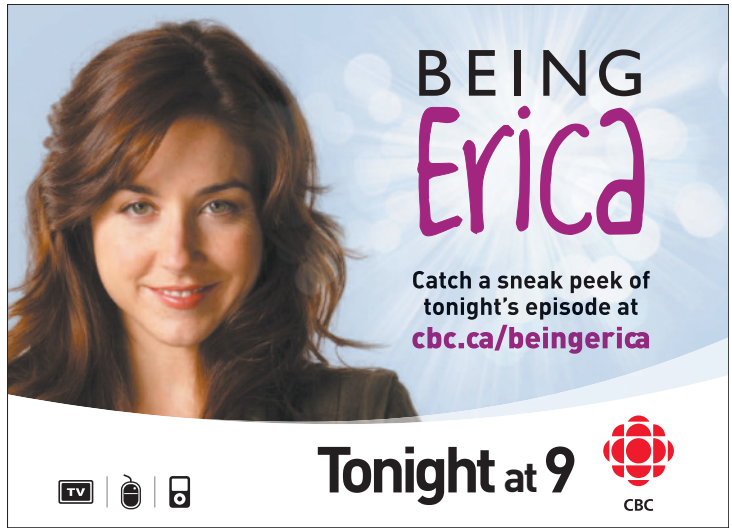


A Los Angeles judge yesterday barred Noa and his producer, Ed Meyer, from distributing the material until a hearing today on whether to extend the order. Noa says he'll fight the order.

Lopez and Noa were married for 11 months. She claims he's violating a prior confidentiality agreement.

In 2007, Lopez won $545,000 in another lawsuit that blocked Noa from publishing a ghostwritten tell-all book.

THE ASSOCIATED PRESS



James Woods alleges negligence in brother's death

LAWSUIT A lawyer for actor James Woods told a jury yesterday that a Rhode Island hospital did not do enough to care for Woods' younger brother when he went to the emergency room complaining of a sore throat and vomiting in 2006. A lawsuit filed by the actor claims Kent Hospital was negligent in caring for Michael Woods, who died at 49 of an apparent heart attack. It's unclear what damages Woods is seeking.

THE ASSOCIATED PRESS

In brief

ENTHUSIASTIC PURCHASE TV Land and TV Guide Network are jointly acquiring basic cable rights to Curb Your Enthusiasm, the HBO comedy series from Seinfeld co-creator Larry David. It will air on TV Guide Network starting in February.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

primetime 11/10/09

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
254	-	OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
250	321	CTV	etalk (CC)	Hollywood	V (N) (CC)		Dancing With the Stars (CC)		Law & Order: SVU		CTV News
-	-	JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Nightmare" (CC)		Perspectives	Ek Noor	New Day
252	336	GTV	Entertainment	ET Canada	NCIS "Endgame" (N) (CC)		NCIS: Los Angeles (N) (CC)		The Good Wife "Unorthodox"		News
256	389	VI	Degrassi: TNG	TMZ (N) (CC)	So You Think You Can Dance (N) (CC)				The Vampire Diaries (N)		A News (N)
253	359	CITY	The Office	The Office	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
-	-	CW	The Office	The Office	90210 "A Trip to the Moon"		Melrose Place "Ocean" (N)		Seinfeld	Seinfeld	Frasier (CC)
289	381	CBS	Entertainment	The Insider	NCIS "Endgame" (N) (CC)		NCIS: Los Angeles (N) (CC)		The Good Wife "Unorthodox"		KIRO 7 News
287	379	NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
602	568	W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked (N)		Younger
288	380	ABC	Wheel-Fortune	Jeopardy! (N)	V (N) (CC)		Dancing With the Stars (CC)		In the Spotlight With		KOMO 4 News
-	-	KVOS	M*A*S*H	Seinfeld	Judgment in Berlin ★★ (1988, Drama) Martin Sheen.				Seinfeld	King	Cheers (CC)
291	383	PBS	Life (Part 2)	Steves Europe	Nova (N) (CC) (DVS)		Frontline (CC) (DVS)		Independent Lens "D Tour" (N) (CC)		
290	382	FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
-	364	PBS	Frontline (CC) (DVS)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
296	654	SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
298	653	TLA	Two/Half Men	Two/Half Men	90210 "A Trip to the Moon"		Melrose Place "Ocean" (N)		KTLA Prime News (N) (CC)		Friends (CC)
295	651	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity tests. (CC)	
297	652	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
199	311	STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Seinfeld

news

502	390	NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
500	500	CNN	Anderson Cooper 360 U.S. soldiers convicted. (N) (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360

sports

407	419	RSP	NHL Hockey	Sportsnet	Hockey	Canucks TV	Air Racing		Sportsnet Connected (Live)		Sportsnet
400	400	TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	World Series of Poker (Same-day Tape) (CC)				SportsCentre
411	457	OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
410	403	SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
417	406	SC	Jacked!	Jacked!	Pass Time	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
416	409	GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News

family

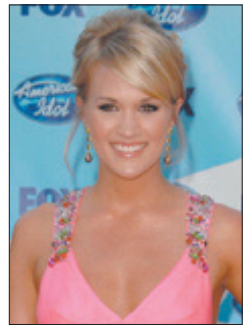
552	543	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
555	545	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
557	541	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
553	546	TRE	Babar Fishing.	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin (CC)	Comfy Couch

cable variety

268	354	KNO	Frontiers of Construction		Britain From Above (N) (CC)		Shake Hands With the Devil: The Journey of Roméo Dallaire				Diamond
575	583	CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
570	580	MM	MuchNews	My Date	One Tree Hill (CC)		disBand	Love Court	MuchNews	Love Court	Spotlight
600	564	H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
615	520	A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(:01) The First 48 (CC)		Parking Wars	Parking Wars	Parking Wars
628	584	SPKE	UFC Unleashed (CC)		Surviving Disaster (N)		Surviving Disaster		CSI: Crime Scene Invstgtn.		Trek: Voyager
521	560	TLC	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Jon & Kate
616	522	SHO	The Outer Limits "I, Robot"		On the Other Hand, Death: A Donald Strachey Mystery (2008)				Bones (CC)		NCIS (CC)
620	523	BVO	At the Concert Hall "Motown"		Law & Order (CC)		Without a Trace (CC)		At the Concert Hall "Motown"		M.G. Vassanji
601	562	SLC	Bulging Brides	Bulging Brides	ET Canada	What	The Biggest Loser (CC)		How to Find a Husband (CC)		Trading Sp
520	505	DIS	Time Warp (N)		Daily Planet (CC)		Destroyed	Destroyed	Time Warp		How It's Made
522	506	HIS	Battlefield Mysteries (CC)		Convoy: War of the Atlantic		Massacre at Verrieres Ridge		Battlefield Mysteries (CC)		Battlefield
627	528	SPC	Fringe (N) (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
294	650	TBS	The Office	The Office	Lopez Tonight Jamie Foxx.		My Boys	My Boys	Sex and-City	Sex and-City	Lopez Tonight
619	525	TROP	'70s Show	'70s Show	The Outer Limits (CC)		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
603	561	FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
-	-	AMC	(5:00) Airport ★★★ (1970)		(:15) Any Given Sunday ★★★ (1999) Al Pacino. A football coach copes with crises on and off the field. (CC)						
626	547	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
320	621	CEN	(6:30) Final Verdict (2009) (CC)		9 to 5: Days in Porn ★★ (2008) Premiere.				(:45) Lust, Caution ★★ (2007) Tony Leung Chiu Wai. (CC)		
581	566	MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
261	394	V	Great Souls "Elie Wiesel"		Hana's Suitcase		Into the Arms of Strangers: Stories of the Kindertransport ★★★ (2000) (CC)				
-	-	MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

In the Spotlight With Robin Roberts: Bright Lights, Big Stars, All Access Nashville
On the eve of the CMA Awards, "Good Morning America" anchor Roberts goes home with several country music stars, including Carrie Underwood, whose trip back to her Oklahoma hometown includes a surprise for the students at her old high school. Also on the itinerary are a visit to Tim McGraw's private retreat, a family farm outside Nashville, and the Music City home of Martina McBride. 10:01 PM on ABC



At the Concert Hall
Well, Detroit isn't that far from Canada. This new episode celebrates the Motown sound with an impressive roster of Canadian artists performing the hits that made Berry Gordy's record label a force in the music industry. Performers include Colin James, Divine Brown, Suzie McNeil, Justin Nozuka, Matt Dusk and Justin Hines. 7 PM on BVO

Celebrity Buzz

John opens up on Jett

PROMOTING A MOVIE In his first interview since son Jett's tragic death last January, Scientologist John Travolta says he and his family are relying on almost daily religious counseling sessions to help them cope.

Since the 16-year-old boy died following a seizure, "We've been working very hard every day as a family to heal," Travolta said during a round-table interview with the cast of his latest film, Old Dogs, which also stars wife Kelly Preston and daughter, Ella, 9. "We have our own way of doing it, and it has been helping."

Travolta, 45, said he has been overwhelmed by all the support.

"You need your friends a lot in times like that," he said.

Travolta and Preston declined to comment on an extortion case involving a former Bahamian senator and a paramedic who are accused of demanding $25 million from the family with information about Jett's death. In his extortion trial testimony, Travolta admitted for the first time that his son Jett had autism. He is believed to have kept his son's condition a secret because of the way Scientologists view illness.

A mistrial was declared this past October. A retrial has been ordered

METRO NEWS SERVICES

Kristen keeps the press fiending over Pattinson

HE'S NOT A REAL VAMPIRE Kristen Stewart admits she has no plans for putting speculation about her relationship with Robert Pattinson to rest, claiming that all the attention puts her off.

"I probably would've answered (the romance question) if people hadn't made such a big deal about it," she told Entertainment Weekly yesterday. "But I'm not going to give the fiending an answer. There's no answer that's not going to tip you one way or the other. Think about every hypothetical situation: 'OK, we are. We aren't. I'm a lesbian.'

METRO NEWS SERVICES

Celebrity tweets

Ellen DeGeneres is can't find her stuff and is suffering for it, Rania Al Abdullah knows how to fix everything, Cesar Millan is considering a second career as the Child Whisperer, and John Mayer isn't fazed by the Britney Spears lip-synching controversy.

@TheEllenShow
I still can't find my purse. My lips are starting to get chapped.

@QueenRania
Stop Ignoring the Girls! Start making them count!

@cesarmillan
Does calm-assertive pack leadership work with children as well as dogs?

@johncmayer
If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you.

METRO NEWS SERVICES

Schwartzman has eyes for George Clooney

IT'S NOT LIKE THAT Jason Schwartzman couldn't take his eyes off George Clooney while filming Fantastic Mr. Fox, femalefirst.co.uk reports.

The Rushmore actor said working with Clooney on the animated film was a bizarre and amazing experience.

"When we were sitting around a table with just a recorder, it was really nice for me to be able to look at George," Schwartzman said. "I admit I might have actually been staring. Obviously, he's a handsome gentleman, but what I found fascinating was just kind of watching him work. It was like having a front row seat in an acting class."

METRO WORLD NEWS

Mayer mocks Britney Spears' fans

LIFE'S HARD, BUY A HELMET John Mayer has wandered into the controversy plaguing Britney Spears in Australia, where critics in the media have blasted her for lip-synching on her Circus tour, people.com reports.

On the weekend, Mayer, Tweeted the following: "If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you."

Why all the fuss?

On Friday, about 100 angry fans reportedly stormed out of Britney's concert at the Burswood Dome in the Western Australia city of Perth, saying they were disappointed by the lackluster performance and Spears' lip-synching during her two-hour show.

Spears gave Perth fans a generic welcome, never mentioning their city by name.

Meanwhile, politicians in three Australian states — Western Australia, Victoria and New South Wales — have called for new laws to force music promoters to disclose whether a concert will be live or lip-synched.

METRO NEWS SERVICES

Gibson great at being dad: Oksana

IT IS HIS EIGHTH Girlfriend Oksana Grigorieva says that Mel Gibson has been a big help with their new kid.

"He has been very doting and nurturing," she tells Hello magazine.

METRO WORLD NEWS

Rihanna rejects a NY Jets' end run

SHE DOESN'T DRINK THE CHEAP STUFF New York Jets star Braylon Edwards got quite the harsh rejection from Rihanna at a club in Hollywood recently.

Edwards sent a $10,000 bottle of champagne over to the singer's table at the Bank at Wonderland nightclub, but Rihanna quickly sent it back.

METRO WORLD NEWS

Dad selling tapes of phone calls with Lindsay

HE'S UP FOR FATHER OF THE YEAR AGAIN Michael Lohan has apparently been so keen on sharing information on daughter Lindsay Lohan that he was looking to sell tapes of phone calls between them as well as her mother, Dina Lohan, according to Page Six.

"Michael initially asked for a large fee — six figures — for the tapes of Lindsay and Dina, but he didn't get any takers," a source says.

METRO WORLD NEWS

Beckham set to launch modeling agency

DAVID WHO? Victoria Beckham has her sights set on another line of work.

The former Spice Girl is reportedly planning on launching a modeling agency alongside British manager Simon Fuller, according to the Daily Mail.

"Simon knows that Victoria is very savvy when it comes to fashion," a source says.

"His first foray into fashion was to team up designer Roland Mouret and Victoria, which was a huge success. Victoria is a key asset to Simon and he wants her to take on a major role."

Fuller, a multi-millionaire owns 19 Management, along with a 51 per cent stake in Storm Models — and is reportedly planning a similar venture stateside. The agency is expected to be based out of New York.

METRO WORLD SERVICES

DERMAL DAYS ARE BACK.

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Today Rain 90% 8°/ 6°
Wednesday Showers 60% 8° / 3°
Thursday Showers 40% 7°/ 5°
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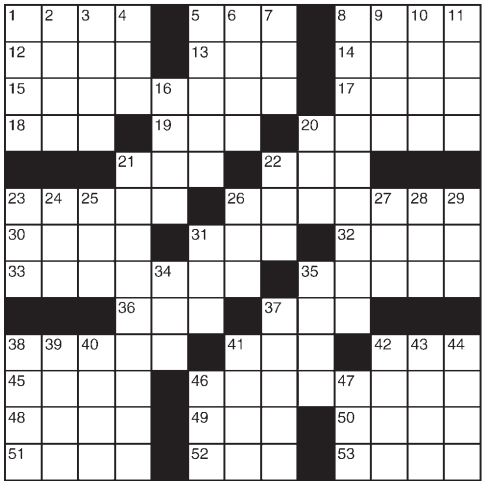
Take Five



ACROSS

1 The third man
5 Sling contents
8 Commanded
12 Mrs. Dithers, in "Blondie"
13 Cattle call
14 Neighborhood
15 "I've Been Everywhere" singer
17 Penpoints
18 Before
19 That guy
20 Take to the rink
21 Bill's partner
22 Autumn mo.
23 Accustom
26 Virginia crop
30 Couch
31 Mandible
32 "Once — a time, ..."
33 Having tines
35 Dish
36 "Krazy —"
37 Collection
38 Spingarn Medal org.
41 See 29-Down
42 Sch. grp.
45 Earthen pot
46 Bread-and-butter note's message
48 Beavers' structures
49 Pick a target
50 Press
51 Being, to Brutus
52 Recipe meas.
53 Fender flaw

DOWN

1 Be sore
2 Sow's mister
3 Sea eagle
4 "Mighty — a Rose"
5 Task for an ob/gyn
6 Leeway
7 Do some yard-work
8 Safe place for lots of money
9 Operatic solo
10 Credit card aftermath
11 Relaxation
16 Old woman's home?
20 Weep loudly
21 Shaft's housing
22 Present
23 Kreskin's claim
24 "— iron bars a cage"
25 Venusian vessel?
26 Slight amount
27 Bookkeeper (Abbr.)
28 Barracks bed
29 With 41-Across, boxing ploy
31 Lustrous black
34 Space
35 Laborer
37 Morass
38 Protuberance
39 "Woe is me!"
40 Charitable donation
41 Anything but that
42 Combustible heap
43 Roger Rabbit, e.g.
44 Family member
46 Make lace
47 Tease

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4			5		
8		7		1			3	
5			2			7		
		1		4	5			7
	3						1	
6			3	9		8		
		4			6			2
	6			3		1		5
		9			8			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	4	6	3	2	8	5	1	9
9	1	2	6	5	7	4	3	8
8	5	3	1	4	9	2	7	6
5	8	4	2	1	3	9	6	7
2	9	7	5	8	6	1	4	3
3	6	1	9	7	4	8	2	5
6	2	9	4	3	5	7	8	1
4	7	5	8	6	1	3	9	2
1	3	8	7	9	2	6	5	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Thyme Chicken with Roots

INGREDIENTS:

2 lbs (1 kg) floury potatoes, peeled and cut into large chunks
4 baby parsnips, peeled and quartered lengthwise
4 carrots, peeled and cut in half lengthwise
1 red onion, quartered
4 tbsp (60 ml) olive oil
1 tbsp (15 ml) clear honey
1 orange, quartered
4 chicken breast fillets, with skin
A few sprigs of fresh thyme or rosemary, or 2/3 tsp (2 ml) dried

METHOD:

1. Preheat oven to 375°F (190°C). Parboil potatoes 5 minutes, then drain. Return potatoes to pot, cover and shake vigorously to roughen edges.
2. Lay potatoes, parsnips, carrots and onion in large roasting pan. In small bowl, mix oil, honey and squeezed juice from orange quarters. Drizzle over vegetables and toss to coat evenly. Slash skin on chicken fillets with sharp knife, then place among vegetables with squeezed orange quarters. Season and poke in herb sprigs, or sprinkle with dried herbs.
3. Roast chicken and vegetables in oven, turning vegetables over from time to time, 1 hour or until chicken is golden and cooked through and all vegetables are tender.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You have always been a free spirit and today, more than most days, you will be a lot less inclined to take orders from people you do not respect.

TAURUS ♉
APRIL 21-MAY 21
This is a great day for getting things done. With the Sun aspecting Jupiter, planet of expansion, there is nothing you cannot do.

GEMINI ♊
MAY 22-JUNE 21
Confusion could easily turn to anger today if someone tries to give you the runaround and get you to change things you had already agreed on.

CANCER ♋
JUNE 22-JULY 22
Anyone who thinks you are indecisive will be forced to think again today as you take brave decisions left, right and centre.

LEO ♌
JULY 23-AUG 23
With the Sun squaring up to Jupiter today you may think there is nothing you cannot do, and you may be right, but don't bite off too much in one go.

VIRGO ♍
AUG 24-SEPT 22
Don't let anyone come between you and your goals. You have absolute faith in your own abilities.

LIBRA ♎
SEPT 23-OCT 23
If you have something to say, something you suspect won't go down well, it might be wise to hold back until later in the week.

SCORPIO ♏
OCT 24-NOV 22
You have several interesting social invitations to choose from today but one stands out above the rest.

SAGITTARIUS ♐
NOV 23-DEC 21
Act quickly and decisively today and you will resolve a problem that has been around for too long.

CAPRICORN ♑
DEC 22-JAN 20
You may want to be friends with everyone but according to the planets you will have to get tough today with someone who has let you down.

AQUARIUS ♒
JAN 21-FEB 18
Something out of the ordinary will happen today, something that takes you by surprise and compels you to rethink your plans.

PISCES ♓
FEB 19-MARCH 20
It might be wise to steer clear of topics that are contentious today. Someone in your social or professional circle is itching for an excuse to start a fight.

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Cancun / Riviera Maya
Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Jan. 30 • 1 wk.
$1539
+Taxes & other fees (including service charges): $244

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
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+Taxes & other fees (including service charges): $212

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Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
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$999
+Taxes & other fees (including service charges): $266

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
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+Taxes & other fees (including service charges): $138

MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Jan. 11, 12 & 26 • 3 nts.
$459
+Taxes & other fees (including service charges): $138

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